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PDO (POLYDIOXANONE) THREADS PRE- AND POST-CARE GUIDE

PRE-TREATMENT INSTRUCTIONS

Avoid drinking and smoking **1 week** prior to treatment.

For **3-7 days** prior to treatment, do not consume Vitamin E, Fish Oil, Krill, Garlic, Chili, Ginseng, Ginger, and/or Green Tea.

Aspirin-based products such as Ibuprofen, Nurofen, and Naproxen/Naproxen should be avoided for **3-7 days** prior to treatment. Please inform your BeautyFix provider if you are taking any anti-inflammatory medications (e.g. Naprosyn) or blood-thinning medications (e.g. Warfarin).

POST-TREATMENT INSTRUCTIONS

Rest for the first **24 hours** and avoid any heavy activity/exercise for **1-2 weeks**.

During the **first few days** after your PDO threads procedure, take pain medication as necessary; Ibuprofen (Motrin, Advil, Nuprin) or Tylenol is helpful starting early in the post treatment period, and for an additional **7-10 days** afterwards.

Most discomfort occurs in the first **24-48 hours** following the procedure and will decrease each day thereafter. You may resume normal activities as tolerated.

Keep the head elevated (45 degree angle) in bed.

Do not touch or wash your face for **12 hours**. Avoid make-up for **24 hours**.

Do not chew gum or drink through a straw for **2 weeks**.

Do not massage or pull down on the face for **3 weeks**, especially with a washcloth when cleansing

We want you to have a safe and exceptional experience at BeautyFix!

If you experience discomfort within 12 hours post-treatment, please call BeautyFix at 212-366-4787 or email us at customercare@beautyfixmedspa.com with your concerns.