

**PDO Thread Lift Aftercare**

- Patient may go back to everyday life (i.e., driving, eating, walking, etc.) right after the procedure.
- Swelling may be present after the procedure but the use of ice packs for 30 minutes for a few days will help lessen with swelling.
- Avoid washing hair and taking a shower for the next 24 hours after the procedure.
  - When washing face after 24 hours, gently wash the required area.
- Avoid drinking or smoking for about 1-2 weeks to prevent possible infection.
  - Smoking and drinking will slow down the healing process.
- Avoid chewing, yawning, or smiling too large for up to 1 month.
- Avoid lying down either in a supine or prone position 4 hours after the procedure to decrease the possibility of the movements of threads.
- It is recommended to sleep in a proper position for the next 3-5 days to prevent maneuvering of threads.
- Avoid headstands, yoga, strenuous workouts, and exaggerated facial expressions for about 2-3 weeks. (Avoid dental treatments during this time if possible.)
- Face may be bound with bandages for 1-2 days after the procedure to help with swelling and stability if needed.
- Deep facial massages should be avoided for the next couple months; however, laser treatments may be done after a week from the procedure.