

**DERMATOLOGY +  
PLASTIC SURGERY**  
*For Your Best Self*  
A FOREFRONT PRACTICE

**PRE / POST CARE INSTRUCTIONS PDO THREADS TREATMENT**

Dr. Saluja specializes in the BussoLyft PDO Thread Treatment. It is a unique procedure designed to reposition fat pads of the skin that have been brought down by age or gravity. Lateral under eyes, cheeks and jowls are often improved. PDO Threads can be combined with other treatments for best results. Maintenance is recommended.

**PRE-PROCEDURE INSTRUCTIONS**

- If you are asked to stop taking blood thinners, do so 1 week prior to treatment. This includes all anti-inflammatory medications, blood-thinners and supplements such as Aspirin, Motrin, Ibuprofen, Aleve, Advil, Ginkgo Biloba, Turmeric, Garlic, Flax Oil, Cod Liver Oil, Omega-3, Vitamin E or any other essential fatty acids. If pain medication is needed, use Tylenol instead.
- If you have a history of cold sores please let your provider know, it may be advisable to take an antiviral medication prior to treatment.
- If you suffer from allergies or sinusitis, please make sure your symptoms are under control before treatment.
- It is recommended to discontinue tretinoin (& retinols) or exfoliants 2 days before treatment to avoid any increased redness or irritation.
- Do not wear makeup or skin care products the day of your appointment.

**POST-PROCEDURE INSTRUCTIONS**

- Tenderness/pain/pulling pain/stinging is normal and lasts 1-4 weeks. Tenderness/pain may be accentuated by gestures or touching the treated area.
- Swelling may worsen in the first 24-48 hours and should settle within the first 2 weeks. Cold packs can be helpful in reducing swelling. If swelling is persistent, please let us know.
- If possible, sleep on your back for the first nights, head elevated with pillows.
- Take Tylenol or Advil (Motrin, Aleve, Ibuprofen are all similar) as needed for pain control.
- No extreme facial expressions for 2 weeks.
- If threads were placed in the jowls, DO NOT open the mouth too wide for 1-2 weeks.
- If threads were placed in the cheeks, avoid excessive smiling within reason.
- Apply products in a tapping or upward motion. Avoid skincare and makeup for 24 hours.
- Application of antibiotic ointment/bandaid is advised on entry points for the first 24 hours.
- Bruising can occur and it may take a few days to appear.
- Avoid high impact exercising and heavy weight lifting for 7 days.
- No facials or facial massage for 10 days.
- Avoid radiofrequency (RF), focused ultrasound, or deep lasers on the treated area for 10 weeks.