

PDO Threads Aftercare Instructions

Thank you for choosing us for your PDO Thread treatment. Proper aftercare is essential to ensure safe healing and the best possible results. Please follow these instructions carefully:

What to Expect:

- Mild swelling, redness, or bruising at the treatment sites
- A feeling of tightness or lifting in the treated areas
- Some discomfort or soreness around the threads, which should subside in a few days
- A slight "pulling" sensation in the treated area as the threads begin to lift and tighten the skin

Immediately After Treatment:

- Avoid touching, rubbing, or massaging the treated area
- Apply a cold compress gently if you experience swelling or discomfort (no direct ice to the skin)
- Stay upright for at least 4 hours after treatment
- Do not apply makeup or skincare to the treated area for at least 4–6 hours

First 24 Hours:

- Avoid strenuous exercise, heavy sweating, and hot showers or saunas
- Sleep with your head elevated to help reduce swelling
- Refrain from alcohol and smoking to support the healing process
- Avoid facial treatments, including massages, lasers, and chemical peels

Ongoing Care (Days 2-14):

- Avoid touching or massaging the treated area unless advised by your provider
- Use gentle skincare products and avoid exfoliants, acids, or retinoids for at least 1–2 weeks
- Protect the treated area from sun exposure with broad-spectrum SPF 30 or higher
- Avoid facial treatments (microneedling, lasers, etc.) for at least 2 weeks
- Do not engage in heavy facial expressions or extreme facial movements

ShimChing MD

Asia Pacific Plastic Surgery Inc.

When to Contact Us:

Please reach out immediately if you experience:

- Significant swelling, redness, or pain that worsens after 48 hours
- Signs of infection (warmth, pus, fever) or unusual discharge
- Any noticeable asymmetry, discomfort, or changes in the treated area
- Sudden or severe pain in the treated area

Additional Tips:

- Be patient — results will improve as the threads stimulate collagen production over time
- Avoid sleeping on your face or applying pressure to the treated areas
- Maintain a healthy lifestyle, including good hydration, nutrition, and sun protection, for the best results
- Follow up with any recommended treatments or touch-ups as advised by your provider

If you have any questions or experience any unusual symptoms, please contact us at 808.585.8855. Thank you for trusting us with your care!