

THE GROVE SPA

& BOUTIQUE

PDO Thread Lift Post-Treatment

Follow this care plan closely in order to see the best results.

- Effects should be noticeable immediately after treatment. However, maximum effect will occur in 4-6 weeks.
- Bruising and swelling is normal and expected. If bruising is visible you can take oral Arnica or apply topical Arnica gel to areas that are discolored.
- Asymmetry and irregularity of the tissue are common and will typically resolve in 1-2 weeks.
- Pain at the insertion points is normal and may last several days after treatment. Please consult your provider for any pain beyond 2 weeks.

Post-Treatment Care: 1-4 Weeks

Please avoid what listed below in order to achieve the best results from your treatment.

- Aesthetic treatments including RF, IPL, laser or microneedling for 4 weeks
- Excessive movement or animation of the area injected for 2 weeks
- Massage or manipulation of the tissue for 2 weeks
- Strenuous exercise for 1 week after facial treatments and for 2 weeks after body treatments (no deep squats for 1 month if you have had any threads injected into the buttocks area)
- Steam rooms, saunas, hot tubs or any water source that could be unclean or excessive in temperature for 2 weeks
- Ibuprofen for 2 weeks, take Acetaminophen instead

Keep reading for more Post-Care Instructions.

