

## PDO Cog Threads Aftercare

- After treatment, there may be redness, swelling, bruising and soreness in the treated area. The inconvenience is temporary and disappears within 3-14 days.
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- Your face will feel tight, with a pulling sensation, for 2-3 weeks after treatment. This is normal and will settle down
- You may take paracetamol for pain if required, but avoid ibuprofen or aspirin, which can lead to more bruising
- Avoid alcohol for 48 hours, and stay well hydrated by drinking plenty of water
- Avoid heat or cold in the area for 2 weeks eg sauna, ice
- DO NOT soak your threads in a bath, jacuzzi, swimming pool or other body of water for 14 days. Showers are permitted, but avoid hot showers for 48 hours
- Avoid vigorous physical activity for 2 weeks
- Avoid any direct pressure on your face where the threads are placed for 3 weeks after treatment eg avoid sleeping on your face
- Limit facial movements to a minimum for at least 2 weeks eg avoid excessive chewing, talking, yawning, smiling, dental work. Applying the facial strap provided to compress under the chin can help avoid thread migration during sleep.
- Avoid infection by cleansing the incision points daily with cool, boiled water for 7 days
- Use an SPF 30 and above to avoid any post-inflammatory pigmentation
- Avoid any facial massaging for 2 weeks
- Avoid blood thinning herbs or vitamins eg Vitamin E for 7 days
- Avoid flossing your teeth for 2 weeks as it puts excessive strain on your sutures. NB this applies to facial threads, not brow threads
- You may have another treatment of 4-8 weeks after this one if required.
- PDO Threads are absorbed by the skin over time. Most clients choose to be treated again 12-18 months after the original treatment.
- Please contact me if you are concerned about your treatment or have questions.  
Thank you.