

Radiance

HEMECARE INSTRUCTIONS **PDO THREAD TREATMENT**

- Remove KT tape (if applied) after 24 hours. When removing KT tape, remove carefully and in a bottom to top pulling direction.
- If bruising occurs, some find applying Arnica or Vitamin K cream to the bruised area helpful and can be applied as directed for 5-7 days.
- For larger bruising, you may apply cold compresses gently to the area for the first 24 hours.
- Some find taking an over-the-counter pain reliever, such as Tylenol (acetaminophen), helpful for discomfort, especially before bedtime.
- Attempt to keep head elevated on several pillows for the first 3 nights after procedure.
- You may wash your hair and face with very gentle upward and outward motions.

What to avoid:

- Picking and manipulating the threaded treatment area(s). This can cause more bruising, infection, displacement, or perforation of the threads.
- Direct heat such as laser treatment (IPL, laser hair removal, etc) for at least 2 weeks.
- Any direct pressure to the face and area where the threads were placed for one week after the procedure. For example: sleeping face down, excessive chewing or talking, larger movements of yawning or smiling.
- Intense exercise/sport for one week following your procedure.

What to expect post treatment:

- There will be immediate visible results after treatment with suspensory threads, as well as the area feeling tighter. Over the first few days to weeks, the tight feeling will relax, and the collagen will start building.
- Soreness may occur after treatment. There may be a dull pain that typically goes away after a week or two. There may be discomfort when chewing or with any large facial movements. Additionally, discomfort that may be described as "twinges", "zingers", or "quick shocks" may occur. This is normal. These sensations generally resolve themselves within several weeks.
- Recovery is generally quick, with most patients returning to work the next day.
- Asymmetry or puckering of the skin may occur and, for most, resolves within several weeks. If it does not resolve after one week, please contact us for us to assess.
- The appearance of a "band" or "line" may appear, which is normal and is nothing to be concerned about. Applying warm water compresses and time will resolve this.

When to call:

- If you experience increased redness, fever, or drainage from the thread site.
- If a thread begins to poke through the skin.

It is very important that you call us with concerns. Possible adverse reactions need to be reported to us immediately! A follow-up will be necessary if you are experiencing any type of skin reaction.

During business hours, please call/text 608-240-0088. After business hours, please call/text Taylor Hill, FNP @ 608-575-1750 or Anne Pientka, RN @ 608-513-8699.
