

Aftercare Information

PDO Thread Lift



Making you, more you

This information has been provided to enhance your understanding of our procedures or treatments prior to an initial consultation with a specialist consultant plastic surgeon. Many clients find it useful to note down questions they have thought of whilst reading this treatment guide. We recommend that read this advice and if you are unsure about anything then please do not hesitate to contact us.

General enquiries: 01892 257357 (Mon - Fri, 9am - 5pm).

For out of hours emergencies and at weekends, please call 07753 211771.

What should/shouldn't I do following treatment?

Most people will have no problem resuming normal activities immediately after treatment.

If all instructions are followed the process will be comfortable, fast and provide an effective recovery time.

General aftercare advice

- Some pain/discomfort after treatment can be expected. Paracetamol can be taken if required. It is advisable to avoid anti-inflammatories (such as Ibuprofen) as they can suppress new collagen formation.
- With some procedures we will supply you with an oral antibiotic Azithromycin 500mg to take for two days starting on the day of the procedure, to reduce the risk of infection.
- Do not have any other aesthetic procedures (such as toxins, fillers, peels, etc.) for 7 days.
- Avoid extreme temperatures, alcohol and anticoagulants for 7 days. Those taking prescribed anticoagulants such as aspirin/warfarin must continue to do so but must be aware that bruising is more likely.
- Gently wash the treated area as required, but do not rub or massage for 2 weeks
- It is important not to overstretch the treated area (i.e. open the mouth wide) for 4 weeks (avoid dental treatment during this time if possible)
- Do not have Radio-frequency, IPL, Laser or other heat treatments near the treated area for 10 weeks.

Are there any side effects?

There is minimal downtime and no general anaesthetic risks. The specialised needles allow small areas to be tackled effectively. As there are no incisions, stitches are not required and scarring is unlikely.

The most commonly reported side effects:

- Pain/tenderness
- Bleeding/swelling/haematoma
- Swelling/inflammation
- Asymmetry - stinging/scratching/pulling sensations

Less commonly reported side effects:

- Thread protrusion
- Puckering of the skin
- Infection
- Granuloma
- Migration (cogs)
- Facial nerve trauma

Allergic reaction

Should you experience any of these symptoms following treatment please contact us for advice:

In the first instance:

Dr Mark Holmes

Tel: 07876 552 624

Email: drmarkholmes@me.com

Or contact Bella Vou

Tel: 01892 257 357 / 07753 211 771 (Out of hours emergency)

Email: hello@bellavou.co.uk

Please do not hesitate to contact us if you have any questions, queries or concerns. For out of hours emergencies and at weekends please call 07753 211771.

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