



R U M A  
*aesthetics*

# PDO THREADS

## PRE AND POST CARE

### PRE-TREATMENT CARE:

- If okayed by your health care provider, do not take any blood thinning medications such as Ibuprofen, Advil, Vitamin E, Fish oil, Excedrin, Aleve, etc. for at least two weeks prior to your treatment.
- Avoid alcohol and caffeine at least three days prior to your appointment. This will help diminish the bleeding, bruising, and swelling during and after your injections, which will result in making the overall procedure and recovery more comfortable for you.
- Stay hydrated and avoid coming in on an empty stomach. This will also help provide comfort during your appointment.
- You may use Arnica tablets 2-3 days prior to injections to reduce the risk of bruising.
- Any antibiotics taken need to be completely finished two weeks prior to any injection appointment.
- Separate any dental visits out two weeks before and after any injection appointments.

### POST-TREATMENT CARE:

- Avoid strenuous activity for 2 weeks.
- Avoid high heat activities such as a hot tub, sauna, and hot yoga for 48 hours.
- If okayed by your health care provider, avoid taking any blood thinning medications (listed above) for at least 48 hours after treatment. If you are tender you may take Tylenol.
- Limit extreme movements of the face for 2 weeks.
- Ice the area as needed to help with any potential bruising and swelling.
- Take Arnica to decrease bruising and swelling.
- Stay well hydrated.
- Avoid alcohol for 48 hours.
- Watch skin for any unusual discoloration or bruising. Alert RUMA team immediately.
- Avoid wearing makeup for 24 hours.
- Sleep with your head elevated.
- Do not massage your face aggressively.
- If okayed by your health care provider, take an allergy pill for the new few days to help decrease inflammation.

**PDO threads are a collagen-stimulating procedure. Results may take 3-6 months.**

**It is normal for residual swelling to last for 2 weeks. Swelling and bruising can give the appearance of asymmetry or unevenness. If you feel that further enhancement is desired, please schedule a follow-up appointment or with the advice of your injector, schedule further treatment.**

**If you have any questions before or after your appointment, you can email us at [info@rumaesthetics](mailto:info@rumaesthetics) or call/text us at 801-529-8628.**

**Thank you for choosing RUMA Aesthetics!**