



## ***Novathreads PDO Life Post Treatment Considerations***

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**Congratulations! You just experienced a NovaThreads treatment. Here are your post treatment instructions and what to expect.**

### **Results:**

- It may take 2 weeks or longer for the treatment effect to be noticeable
- Bruising and swelling is normal and expected – if bruising is visible you can start taking oral Arnica and apply topical arnica cream.
- Asymmetry and irregularity of the tissues treated is common and will resolve
- Pain at the injection site(s) is normal – this may last several days or even one week after treatment

### **What you need to do:**

- Apply topical antibiotic ointment twice per day at injection sights
- Avoid make-up for 48 hours.
- Avoid bathing or swimming for 48 hours after treatment; shower only.
- Avoid lasers, micro needling or skin tightening for 1-month post treatment
- Avoid hospitals
- If you see any irregularity or puckering of the skin of the treated areas, you may gently massage those areas by applying a small amount of moisturizer and massaging in circular motions. You may repeat this 3 to 5 times a day.
- If any of the threads are exposed or start to extrude, you can either gently pull on the thread to try to remove it or you may use fine scissors to trim the suture at the skin. If you are uncomfortable performing either of these maneuvers please contact your injector to have this performed in the office. Please notify your clinician if this occurs regardless of whether you are able to return to the office or not.
- Avoid exercise for 24 hours and gyms for 48 hours unless you are told otherwise by your clinician

### **When to call:**

- If you experience increased redness, swelling, or pain at an injection area
- If one or more of the threads begin to extrude and you are unable or unwilling to remove the thread.
- If you have any questions or concerns regarding your treatment.

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Patient Name (please print)

Patient Signature

Date

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Witness Name (please print)

Witness Signature

Date