



PDO Thread Facelift Aftercare

Lifted. Tightened. Timeless. Protect your results.

✓ DO:

- Sleep on your back with head elevated for the first week ☺
- Apply cold compresses gently to reduce swelling ❄
- Eat soft foods for a few days 🍴 to minimize jaw movement
- Keep the treated area clean and dry
- Stay hydrated 💧 — collagen loves water!
- Follow up as scheduled with your provider 📅

⊘ AVOID for 2 Weeks:

- Facial massages, facials, or pressure on treated areas 🙅
- Rubbing, stretching, or exaggerated facial expressions
- Strenuous exercise 🏃, saunas 🧖, or steam rooms
- Sleeping on your side or face for 5-7 days
- Chemical peels, laser, or microneedling for 4 weeks
- Dental procedures — inform your dentist about threads 🦷

✨ How Threads Work:

- 🧵 Threads provide an immediate lift by physically repositioning tissue
- ⌚ Over 4-6 months, threads dissolve and stimulate new collagen
- 🧬 Collagen production continues to improve skin firmness & texture
- ✨ Results are cumulative — each treatment builds on the last

⌚ What to Expect:

- Swelling, bruising & mild dimpling for 1-2 weeks 🕒
- Threads fully absorbed over 4-6 months ⌚
- Full lifting & tightening results visible at 2-3 months ✨
- Results last 12-18 months; combines well with fillers & Botox

🧴 Recovery Tips:

- 🍵 Chamomile tea or bromelain supplements can help reduce swelling
- ☺ Sleeping elevated prevents fluid pooling in the face
- ❄ Cold compress for 10 min intervals the first 24 hours
- 📅 Plan threads 2-3 weeks before any major events

⚠ Call Us If You Notice:

- Thread visibility through skin, migration, or asymmetry
- Signs of infection: increasing redness, warmth, or discharge



Did you know? PDO threads don't just lift — they trigger your skin's natural healing response, producing fresh collagen and elastin for months after the threads dissolve. You're investing in results that keep improving!

📞 (347) 514-9311

Questions? We're always here for you 💕

LovMedSpa
Defining Timeless Beauty