

Date _____ Time _____



PDO SMOOTH THREADS

DISCHARGE INSTRUCTIONS

- **COLD COMPRESSES** may be used after treatment to reduce swelling and alleviate redness, itching, and tenderness.
- Sleep with your **HEAD ELEVATED** to reduce the amount of swelling.
- **AVOID** touching the treatment areas within six (6) hours following treatment. Do not massage the injection sites. After twenty four (24) hours have passed, the area can be gently washed.
- You **MAY APPLY** cosmetics and lotions on the treatment area after two (2) days.
- **AVOID** sunbathing and cold outdoor activities until redness and swelling disappear.
- **AVOID** heavy aerobic exercise (or anything to raise your core body temperature or blood pressure) and alcohol for twenty four (24) hours after treatment.
- Acetaminophen (**Tylenol**®) can be used for any pain or soreness.
- It is **NORMAL** to experience some swelling, bruising and slight discomfort. There may be a feeling of tightness, pulling, and/or tenderness.

Please contact Minnie Street Aesthetics at (507) 254-7072 if you have any questions, concerns, or compliments regarding your treatment.