

Date _____ Time _____



PRE-TREATMENT ADVICE

- Schedule your PDO Thread Lift at least **FOUR (4)** weeks **PRIOR** to a special event such as a wedding or a vacation to allow for complete healing, optimal results.
- **RESCHEDULE** your appointment at least twenty-four (24) hours in advance if you find a rash, cold sore, or blemish in the treatment area.
- **AVOID** blood thinners (unless prescribed) ten (10) days prior to the procedure. Patients that bruise easily, or who take blood thinning medications/supplements may bruise more easily. Medications and supplements that may increase the risk of bruising include:
 - Aspirin (e.g. Excedrin®)
 - Ibuprophen (e.g. Advil®, Motrin®)
 - Naproxen (Aleve®, Naprosyn®)
 - Omega-3s
 - St John's Wort
 - Vitamin A & E
 - Gingko Biloba
 - Evening Primrose Oil
 - Garlic
 - Feverfew
 - Ginseng
 - Flax Oil & Fish Oil
- **AVOID** alcoholic beverages at least forty eight (48) hours prior to treatment. Alcohol may thin the blood and increase the risk of bruising.
- You should **EAT A LIGHT MEAL** before arriving at the office for your procedure.
- If you would like to **MINIMIZE THE RISK OF BRUISING** after treatment, please consider these options that would generally need to be ordered online or purchased in advance of treatment. Please note, this is entirely optional and at your discretion:
 - **SinEcch®** (Arnica Montana). Usage depends on the formulation.
 - **Bromelain** (homeopathic medicine)
 - Good nutrition and fresh fruit consumption (**PINEAPPLE** and **PAPAYA** recommended)
 - **Ocumend®** gel pads (available online)