



### **PDO Monothreads: After Care**

- Please keep the skin clean. Apply an antiseptic cream to the face before bed for the first few days and use a clean pillow slip
- A cool compress will reduce swelling and discomfort. Apply for 15- 20 minutes every hour for the first day or so. Make sure it is clean e.g. wipe down with an alcowipe before and after use.
- Avoid any direct pressure to the face and area where the sutures were placed for two weeks after the treatment has been performed. (Example: sleeping in face down position, facial massage, etc.)
- You may wash your hair and face.
- Makeup may only be applied after at least 24hrs. Consider using mineral makeup to reduce risk of infections.
- Avoid skin care products containing active ingredients (such as Retinol, Vitamin C etc) as these may irritate the wounds.
- Please keep facial movements to a minimum for at least two weeks. Avoid excessive chewing, talking, yawning, smiling, and other facial movements during this period of time. Avoid drinking from a straw.
- Hirudoid cream or Arnica cream may be applied to reduce duration of bruising.
- Please attend at 4 weeks post for review, and then 12 weeks post to consider retreatment.
- Inform your medical practitioner immediately if increased pain, redness, tender lumps or discharge is experienced. If infection is suspected, a short course of antibiotics will be prescribed.

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