

lachelé

AESTHETICS & WELLNESS

PDO Threads Pre Treatment Instructions

- Typical downtime for this procedure ranges from **1-2 weeks of swelling or longer if you experience bruising**. Please be sure to plan this procedure accordingly to your personal schedule with 2 weeks of downtime. We do not recommend any events or vacations during this time.
- Please arrive to your treatment with a **clean face, free of makeup and products**. Also, have your hair tied back if possible and **remove all facial jewelry or piercings**.
- Taking **anticoagulants** (*blood thinners*) is not a contraindication, however it may increase your risk of bruising. Please **stop** these medications 7 days prior to treatment only if medically permitted. This includes **Ibuprofen, Motrin, Advil, Aleve, Aspirin, multivitamins and fish oil**. Notify your provider if you are on any type of prescription anti-coagulant therapy (*Coumadin, Xarelto*).
- If you often bruise, **Arnica oral supplements** are available on our online www.lacheleshop.com, or in store. Ideally, start these two days prior to your procedure.
- Bromelain is a group of enzymes found naturally in pineapple. Drinking or eating pineapple can help minimize swelling and bruising.
- Injectable anesthetics such as lidocaine may be used for your treatment; therefore, please alert your provider of any allergies to topical anesthetics.

*Multiple sessions may be needed for your desired results.