

PDO THREADS AFTERCARE



"AESTHETICS IS AN ART PROCESS - NOT AN EXACT SCIENCE!"

- / LEAVE DRESSING ON FOR 72 HOURS. REMOVE IT GENTLY BY SOAKING IN WARM BOILED WATER
- / SIDE EFFECTS INCLUDE SORENESS, SWELLING, BRUISING AND MINOR PUCKERING OF THE SKIN
- / AVOID TOUCHING, LEANING AND STRETCHING THE TREATED AREA FOR 2 WEEKS
- / AVOID ANY DIRECT PRESSURE ON THE FACE AND TREATED AREAS 14 DAYS POST TREATMENT (FOR EXAMPLE, DO NOT SLEEP WITH YOUR FACE BURIED IN A PILLOW)
- / FOR THREE WEEKS, RESCRICT MOVEMENT TO THE FACIAL MUSCLES AND BE LESS EXPRESSIONISTIC WITH THE AREA.
- / STRONG MUSCLE MOVEMENT CAN SNAP THE FIBRES OF THE THREADS (AVOID EXCESSIVE SMILES, CONVERSATIONS, CHEWING, YAWNING AND OTHER MOVEMENTS OF THE FACIAL MUSCLES)
- / DO NOT APPLY SKINCARE FOR 12 HRS OR MAKE-UP FOR 24 HRS
- / DURING THE FIRST THREE DAYS, YOU MUST KEEP YOUR HEAD RAISED UP AT LEAST 30 DEGREES
- / FACIAL TREATMENTS, DENTAL PROCEDURES AND AESTHETIC PROCEDURES SHOULD BE AVOIDED
- / AVOID DERMAL FILLER IN THE SAME AREA FOR 1 MONTH POST TREATMENT.
- / DO NOT USE A STRAW FOR DRINKING, AVOID FOOD THAT REQUIRE LONG CHEWING.
- / DO NOT OVERHEAT THE INJECTION AREA (INCLUDING IN THE OPEN SUN AND IN THE SOLARIUM) UNTIL THE OEDEMA FINALLY SUBSIDES AND THE REDNESS DISAPPEARS.
- / AVOID ALCOHOL, VIGOROUS EXERCISE, EXETREME CHANGES IN TEMPERATURE FOR 14 DAYS POST TREATMENT (BATHS, SAUNAS, LOCAL CLIMATE CHANGE)
- / DURING THE FIRST 24 HOURS, YOU CAN APPLY ICE OR A COLD TOWEL TO THE THREAD INSERTION ZONES (APPLY FOR 5 MINUTES AT 20-MINUTE INTERVALS).
- / ARNICA CREAM CAN BE USED TO REDUCE BRUSING (IF ANY)

THE AESTHETICS LOUNGE
83 PRINCE AVENUE
SOUTHEND-ON-SEA
SS2 6RL

01702 430489

THE
AESTHETICS
lounge