

# B.TOX.BAR.

## Smooth Thread Pre & Post Treatment Instructions

### About Smooth Threads

Smooth Thread PDO treatment involves inserting fine, dissolvable threads into the skin to stimulate collagen production and improve texture. The procedure is minimally invasive with minimal downtime, promoting natural skin rejuvenation. Results develop gradually as the threads dissolve and collagen builds up, enhancing skin elasticity and appearance.

### Before Your Treatment

- Avoid agents that increase risk of bruising 1 week prior to treatment and 2 days after:
- Aspirin, ibuprofen (Advil, Aleve, Motrin, Naprosyn), Excedrin, St. John's wort, Vitamin E, fish oil, omega-3s, ginkgo biloba, ginseng.
- Do NOT stop any medications that were prescribed by your doctor and medically necessary to take.
- Avoid drinking alcohol 24 hours before your treatment to minimize the risk of bruising.
- To minimize bruising take arnica or bromelain up to 1 week prior to and 1 week after treatment or until the bruising fades.
- Plan for this procedure at least 2 weeks before any special events or functions.

### What to Expect After the Treatment

- Tylenol 650mg by mouth every 6-8 hours as needed for pain.
- Swelling, bruising, bumps, clicking, scratching sensation, nerve pain and tenderness is expected up to 2 weeks after treatment.
- Applying intermittent cold compresses or ice (for 5-10 minutes at a time) to the treatment areas during the first 24 hours will reduce swelling.
- Pain: you may experience sharp, stinging/burning or sensitive nerve pain.
- In some cases, you may feel or see the thread underneath the skin, which will resolve with time.
- Sleeping with your head elevated on 2-3 pillows for the first 3 nights can help minimize swelling. Avoid sleeping on your face as much as possible.
- Avoid vigorous exercise, hot tubs, and saunas for 72 hours after treatment.

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### What to Expect After the Treatment

- Avoid dental work 2 weeks after treatment.
- Occasional stinging, burning, numbness, pulling, itchy sensations will decrease about 1-2 weeks after treatment
- Maintenance treatment is recommended every 3 months as needed.

If you experience any of the following, please contact our office at (408) 516-1414 immediately:

Signs of infection: Temperature >100.4, diffuse redness, if the skin is warm to touch, purulent drainage.

Swelling that worsens after Day 3