

Pre-Instructions for PDO treatments

- Patients are recommended to arrive 5-10 minutes prior to their appointment to complete new procedure documentation and to discuss the treatment with their provider.
- Patients are recommended to arrive to their appointment with no makeup. Any make up will be removed prior to treatment.
- Patients taking blood thinning medication (e.g. Aspirin) should consult with their physician if they can stop for 3 days prior to their treatment.
- Blood thinning medications make increase the possibility of bruising. Consult your physician prior to stopping any medication.
- Patients should avoid alcohol prior to treatment.

PDO Post-care Instructions

1. Avoid tanning machines and direct sunlight, and apply SPF 30+ sunblock when going outside
2. You may gently wash your treated area starting from the same day as your procedure, but avoid rubbing or massaging the face for at least two weeks
3. Avoid opening your mouth too wide for up to 4 weeks, and reschedule any dental appointments for at least two weeks after your treatment
4. Stinging or pulling pain and discomfort are normal, and can be alleviated with over-the-counter Tylenol 500 mg (1-2 tablets every six hours as directed). NSAIDs such as Ibuprofen and Naproxen should be avoided.
5. Avoid alcohol and anti-coagulant medicines (aspirin, unless prescribed for medical indications) for 7 days. Avoid anticoagulant medications like aspirin (unless prescribed otherwise) and alcohol for a week, as well as blood thinning vitamins such as A, C and E
6. Avoid high and low temperature extremes for at least 10 days
7. Take a break from strenuous exercise for at least a week
8. Avoid RF or heat-producing devices like cosmetic laser treatments for at least 10 weeks.

9. Patient must finish course of antibiotics if prescribed as part of the treatment protocol. If prescribed antibiotics, finish them all
10. Stinging, "Pulling", scratchy sensations will all disappear by week 5. Stinging and pulling pain, as well as the scratchy sensation you experience after your procedure, will begin to subside by week 2 and disappear by week 5
11. Follow up examination 7 days later. You will have a follow-up examination a week after your treatment