

## Your Post Care Instructions PDO / Silhouette Soft Thread Lift

It is critical that you follow all aftercare instructions below in addition to any advice given by your practitioner to prevent any complications and achieve the best results from your treatment. If the advice given by your practitioner differs from the below, please follow the advice of your practitioner.

PLEASE NOTE: The below are common side effects associated with PDO / Silhouette Soft Thread Lift treatments. If you experience any of the below please do not worry. If side effects continue beyond 48 - 72 hours or you have any concerns or questions please call us on 0333 242 8528.

- Swelling
- Pain
- Bruising
- Prickly feeling

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After the treatment, a slight swelling or bruising may occur. Sometimes a slight depression or skin irregularity may appear at the entry points. These disappear a few days after treatment on average but may take longer.

- Take analgesia e.g. Paracetamol. Avoid nonsteroidal anti-inflammatory drugs for the first 48 hours. In the event of persisting pain, please contact The Cosmetic Skin Clinic
- Mineral make-up may be applied gently after 24 hours
- Sleep face up, elevated on pillows (3-5 nights)
- Wash, shave and dry face gently without rubbing (5 days)
- Avoid over-exposure to direct sunlight and do not use tanning beds (2 weeks)
- Avoid sports, in particular high impact sports e.g. running (2 weeks)
- Avoid excessive facial movements (2 weeks)
- Do not use saunas (3 weeks)
- Avoid any visits to the dentists (3 weeks)
- Avoid any facial massages (3 weeks)
- Avoid going on holiday after treatment (4 weeks)

It's important to have your follow up treatments and to continue with your treatment plan to achieve the best results. Please call us on 0333 242 8528 to book your next treatment.