

PDO/COGS Threads Aftercare Advice

This advice sheet is given as your written reminder of the advised aftercare post treatment. The procedure you have chosen involves breaking the skin surface so there is always a potential risk for infection to occur afterwards. The treated area may become inflamed and should be treated as a wound initially, so it is important that this advice is followed so that the infection risk is minimised.

Take some anti-inflammatory and antihistamine medication.

Avoid unnecessary touching, scratching or picking of the treated site to reduce the risk of introducing infection; always wash and dry your hands before and after handling a newly treated site.

Please be aware of the signs of any developing infection – although some reddening and localised swelling is likely around any treated area, if this persists, or becomes worse, please contact us immediately.

The treated area will have tiny skin breaks. If the treated region is extensive your practitioner may decide to cover the area using a dressing. The dressing will also help to stop any bleeding / fluid oozing but should be removed before it dries on to the treated area, usually as soon as you get home. If the fluids have dried on, remove the dressing by gently soaking it in lukewarm/cooled boiled water; in most cases, simply keeping the area clean and dry is likely to be the best approach.

The following day after treatment, gently wash the treated site with lukewarm/cooled boiled water and pat dry with a clean tissue. Do not rub or skin will become irritated, and this may cause infection.

If possible, shower rather than bathe whilst the treated area is healing, so that unnecessary water exposure is prevented.

Do not use skin products on the treated area that have not been recommended by your practitioner. There is generally no need to use any other skin creams/ antiseptic products and you should not share skin products with others.

The treated area should be kept free from grease, chemicals, general dirt or exposure to biohazards, such as uncooked meats, as any of these are likely to result in contamination of even the smallest of puncture wounds.

Avoid swimming, sun beds, sauna and sunbathing/UV exposure until the newly treated area is fully healed.

On treated areas (other than the face), try to wear loose cotton clothing to minimise rubbing and irritation on the newly treated site.

Minimise the use of make-up during the healing period. There should be no make-up on or immediately around the treated area. Once the scabs, if any, have dropped off you may continue use of make-up.

Do not scratch, rub or remove the scabs, as this can cause infection and heavy scarring. Let them drop off naturally.

Post-procedure recommendations:

- Do not touch the treated surface for the first 6 hours after the procedure.
- Do not apply any decorative cosmetics or make-up for 24 hrs.
- 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 extreme changes in temperature for 2 weeks (baths, saunas/steam rooms, local climate change).
- During the first three days, you must keep your head raised up by at least 30 degrees.
- 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).
- For three weeks after the procedure, avoid any direct pressure on the face and treated areas (for example, do not sleep with your face buried in a pillow).
- For three weeks, do not stimulate the treatment area with massage and cosmetology procedures.
- Gentle hair and face washing is allowed.
- For at least three weeks after the procedure, restrict movement of the facial muscles. During this period, avoid excessive smiles, conversations, chewing, yawning and other movements of the facial muscles.
- Do not use a straw for drinking and avoid food that requires strenuous chewing.
- Avoid exercise, dental procedures, facial massages, and facial aesthetic procedures for 3-4 weeks following treatment.

Be aware of complications and their signs which are explained in the consultation form. Please note, typical healing times are between 2-6 weeks.

In the case of an emergency please contact us on 07802 237489. Otherwise, please email us on gtaestheticsstamford@gmail.com