

THINGS TO KNOW

Ageless MD

BEFORE PDO THREADS



SCHEDULE AT LEAST 3-4 WEEKS BEFORE ANY EVENTS



AVOID TAKING ASPIRIN/IBUPROFEN OR BLOOD THINER SUPPLEMENTS 1 WEEK BEFORE & AFTER TO PREVENT BLEEDING



AVOID ALCOHOL FOR 24-48 HOURS BEFORE AND AFTER



NO RETINOL/ACTIVES FOR 24 HOURS BEFORE & AFTER



WASH YOUR HAIR THE DAY BEFORE TREATMENT



EXPECT SWELLING & BRUISING, USE ICE & ARNICA PRODUCTS IF IT OCCURS

AFTER PDO THREADS



WAIT AT LEAST 6 HOURS BEFORE WASHING YOUR FACE



NO SHAVING, CHEMICAL PEELS OR HARSH CLEANSERS



NO MAKEUP FOR 48 HOURS



NO YOGA, HEADSTANDS, OR STRENUOUS EXERCISE



SLEEP WITH YOUR HEAD ELEVATED AND AVOID SLEEPING ON YOUR FACE



NO EXAGGERTAED EXPRESSIONS AND TRY TO LIMIT FACIAL MOTION



KEEP YOUR FOLLOW UP APPOINTMENT TO TRACT PROGRESS



CONTACT US FOR ANY CONCERNS

FOR MORE DETAILS PLEASE CONTACT OUR OFFICE @ 714.760.9918