
Transform Aesthetic Center

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MINT Lift / PDO Thread LIFT | PRE and POST PROCEDURE

PROCEDURE

- PDO (polydioxanone) Threads are made from suture material very similar to those used in surgeries. The PDO Threads (smooth or barbed) will be inserted under the skin through a minimally invasive procedure which helps hold the skin up against the effects of gravity. Once the threads are inserted the body responds by sending nutrients to the threads, which aid in producing collagen and elastin.
- MINT Lift/ PDO Thread lift procedure targets sagging jowls, nasolabial folds, marionette lines, unwanted midface wrinkles, sagging neckline, undefined jaw lines, etc. to lift and tighten skin. PDO thread lifting result is temporary and the lifting effect from the procedure may vary from patient to patient. Continued maintenance and repeating the procedure every 12-18 months is recommended to maintain the desired effect.

PRE PROCEDURE INSTRUCTIONS

- Do not drink alcohol or smoke 2-3 days prior to and after your procedure
- Discontinue the use of Aspirin or other Anti-Inflammatory 5 days before the procedure
- Consult your prescribing physician before discontinuing any blood thinners, including Aspirin.
- Adequate hydration is essential, drink at least six 16.9 oz water bottles the day prior to your procedure and at least one 16.9 oz water bottle 1-2 hours before your procedure.

POST TREATMENT CARE

- You may experience moderate bruising lasting between 7-10 days or more. Treated areas should be handled gently when cleansing. Normal skincare regimen can be resumed immediately following treatment
- Avoid heat therapies, facials and massages in the treated area for at least 4 weeks.
- Avoid heavy physical exercise or exertion for 7 days post procedure.
- Eat soft foods and stay well hydrated for the next 7 days
- Avoid excessive chewing and talking for the next 3 days
- Wear face wrap as much as possible for the next 3 days and when at home for the next 2 weeks.

If you have any medical problems that arise, please inform your primary care physician and keep us updated. If you have a concern that it may be related to your treatment, please call us at 386-882-7830 and contact. If there is a medical emergency, please go to the nearest healthcare facility/Emergency Room to have the problem assessed immediately.
