

## POST TREATMENT CARE FOR NOVATHREAD PDO

Congratulations! You just experienced a Nova Threads treatment. Here are your post-treatment instructions and what to expect.

### RESULTS:

- Effects should be noticeable immediately after treatment however maximum effect will occur in 4-6 weeks.
- Bruising and swelling is normal and expected – if bruising is visible you can start taking oral Arnica and apply topical Arnica cream to areas that are discolored.
- Asymmetry and irregularity of the tissue is common and will resolve on its own in about 2 weeks.
- Pain at the insertion points is normal and may last several days to 2 weeks after treatment. Any pain beyond 2 weeks should be addressed by provider.

### AVOID:

- Excessive animation of the face for 2 weeks.
- Massage and manipulation of facial tissue for 2 weeks.
- Aesthetic treatments including RF, IPL, laser, and micro-needling for 2 weeks.
- Avoid strenuous exercise for 72 hours.

### WHEN TO CALL:

- If any of the threads are exposed or start to extrude.
- If you develop a reddened, hard, painful nodule over one or more of the threads.
- If you experience increased redness, swelling or pain at the insertion site.
- Irregularity or visible ridges (buckling) of threads 2 weeks post-treatment.
- If you have **ANY** questions regarding your treatment.

**\*To increase the rate of healing time, and decrease swelling and bruising, your provider may encourage you to take oral antihistamines (Zyrtec, Benadryl) and histamine blockers (Zantac, Prilosec, Tagamet).**

Patient Name \_\_\_\_\_ Patient Signature \_\_\_\_\_

Provider Name \_\_\_\_\_ Provider Signature \_\_\_\_\_

Date \_\_\_\_\_