



PDO Thread Lift Information + Consent

The aim of this information sheet is to ensure that you understand the nature of the treatment you wish to undertake. Please read it carefully and discuss any queries with your practitioner before signing the consent section overleaf

What is a PDO Thread Lift?

Thread lifts are a relatively new form of non-surgical face lift. If your face has loosening or sagging skin and you want a tighter, fresher more youthful look, this treatment may be suitable. There are no cuts or incisions, just injections

How does it work?

Polydioxanone (PDO) threads are a special medical grade thread that is thinner than hair, made of protein. Research has confirmed that PDO relaxes tendons and muscles, whilst a foreign body reaction improves the blood flow to the area stimulating neocollagenesis (the production of new collagen in the skin). It also stimulates elastin and hyaluronic acid, both substances are key to maintaining firm, youthful looking skin

Is it safe?

PDO threads have over a decade long safety track record in surgery and wound closure. They have also been used for about 6 years in orthopedic surgery (frozen shoulder, tennis elbow and cosmetic skin rejuvenation. PDO threads gained FDA approval in 2004

What happens during treatment?

Topical anesthetic cream is applied following which threads are introduced into the skin through a fine needle - into either the skin itself, the muscle, or the subcutaneous fat. The treatment results in an immediate improvement in appearance but the results will improve over ensuing days and weeks as the PDO stimulates neo-collagenesis, increasing the amount of collagen in the skin. The appearance of the skin improves in terms of overall texture, becoming thicker, tighter and firmer as fine lines and wrinkles are reduced

Which areas can be treated?

This is a very versatile treatment which can be used in any part of the face and neck to treat sagging brows, naso-labial lines, vertical and horizontal forehead wrinkles, drooping cheeks, marionette lines, sagging jawline, plus wrinkles and folds on the chin and neck

What results can I expect?

Thread-lift treatments result in an instant and natural looking improvement in the appearance of the skin. A process of natural protein synthesis then begins after about 10-14 days. Over the subsequent weeks results will continue to improve, peaking at around 6 months and lasting for up to 2 years as your own body produces collagen, elastin and hyaluronic acid. Making this form of non surgical facelift a very long lasting treatment. The thread itself is completely biodegradable and dissolves within 12 weeks, after which new collagen has formed around the thread to continue to support results, maintaining a smooth and supple texture of the skin

Treatment may not be suitable if:

- You have active acne/broken skin or are prone to cold sores
- You have taken anti-coagulation medications such as aspirin/warfarin/heparin or have consumed alcohol within 48 hours of treatment (we advise you to continue taking prescribed medications but stop taking some complimentary supplements such as evening primrose oil, vitamin C and E, garlic and ginkgo prior to treatment)

Treatment is not suitable if:

- You are pregnant or breastfeeding
- You have an auto immune disease, diabetes or infection

What should/shouldn't you do following treatment?

Most people will have no problem resuming normal activities immediately after treatment. If all instructions are followed the process will be comfortable, fast and provide an effective recovery time

General aftercare advice:

- Some pain/discomfort after treatment can be expected, Paracetamol can be taken if m required. It is advisable to avoid anti-inflammatories (such as Ibuprofen) as they can suppress new collagen formation
- With some procedures we will supply you with an oral antibiotic Azithromycin 500mg to take for 2 days starting on the day of the procedure, to reduce the risk of infection
- Do not have any other aesthetic procedures (such as toxins, fillers, peels etc.) for 7 days
- Avoid extreme temperatures, alcohol and anti-coagulants for 7 days. Those taking prescribed anti-coagulants such as aspirin/warfarin must continue to do so but must be aware that bruising is more likely
- Gently wash the treated area as required, but do not rub or massage for 2 weeks
- It is important not to overstretch the treated area (i.e. open the mouth wide) for 4 weeks (avoid dental treatment during this time if possible)
- Do not have Radio-frequency, IPL, Laser or other heat treatments near the treated area for 10 weeks

Are there any side effects?

There is minimal downtime and no general anesthetic risks. The specialized needles allow small areas to be tackled effectively. As there are no incisions, stitches are not required and scarring is unlikely

The most commonly reported side effects:

- Pain/tenderness
- Puckering of the skin
- Bleeding/bruising/hematoma
- Swelling/inflammation
- Asymmetry
- Stinging/scratching/pulling sensations

Less commonly reported side effects:

- *Thread protrusion,
- *Infection, granuloma
- *Migration
- *Facial nerve trauma
- *Allergic reaction

Should you experience any of these symptoms following treatment please contact us for advice!





Consent for PDO Thread Treatment

I have read the associated treatment information sheet and have been fully informed of the risks and possible consequences involved in the above treatment. I understand that the results are not guaranteed. The information I have given is, to the best of my knowledge, correct. I have not withheld any known medical information. I will contact my practitioner if I have any queries about my treatment.

Please sign below:

Date:

Practitioner Signature:
