



## **Before Treatment and after treatment for PDO Thread lift.**

### **PDO**

Are you tired of feeling embarrassed about the loose skin and wrinkles on your face? If you have been looking for a minimally invasive way to lift your sagging skin and diminish your lines, you should think about receiving a PDO thread lift. At Harmony Health Cosmetic Clinic, we can use this revolutionary method to transform your appearance.

### **What Should You Avoid Before and After a PDO Thread lift?**

A PDO thread lift is a gentle technique that will use a special type of dissolvable thread to firm your lax skin and fix your wrinkles. Since this aesthetic treatment is minimally invasive, you won't have to take time off from your job, spend weeks resting in your bed, or spend any days in the hospital. In fact, we will not ask you to make any significant changes to your work schedule or other activities.

That said, you will need to follow some rules during the days before and after your appointment. Following these simple rules will allow you to achieve the most noticeable changes in your loose skin and wrinkles.

### **BEFORE YOUR LIFT**

We may advise you to avoid using specific types of medications and supplements for a few days before your appointment. You might need to take a break from using aspirin and other medications that will cause your blood to thin. In addition, you should not drink alcohol before your treatment. On the

day of your appointment, you should avoid wearing makeup on your face or using harsh beauty products.

## **AFTER YOUR LIFT**

Although we will provide you with personalized aftercare instructions after we finish performing your lift, there are some general behaviors that you will need to avoid. For several days after your lift is complete, you will need to elevate your head while you are sleeping and avoid making dramatic facial expressions. We will also ask you not to rub your facial tissues for a couple of weeks.

Further, you should apply strong sunscreen when you spend time outdoors and avoid using tanning beds. In addition to protecting your skin from sun damage, you may need to refrain from drinking alcohol and using blood-thinning supplements and medications for a few days. Further, keeping your mouth open for long periods could affect your results. Accordingly, you should not schedule a dental appointment for the next two weeks.

## **How Will the PDO Threads Improve Your Skin?**

We will use PDO threads to improve your wrinkles and loose skin. These threads will be made from a material called polydioxanone. This is a safe substance that has been used to close wounds and incisions for many years. During your lift, we will carefully place your threads into specific locations on your face or area of treatment.

After these threads are in position, they will encourage your skin to make new elastin and collagen proteins. These naturally occurring proteins will decrease the visibility of your lines and wrinkles. Stimulating the creation of new elastin and collagen will also lift your skin and reduce your laxity issues. Over the next couple of months, your PDO threads will naturally dissolve.

## **What Areas Can These Threads Improve?**

A PDO lift is sometimes called a minimally invasive facelift because it will renew the skin on your face in a safe, gentle manner. We can tighten and smooth the skin on your jawline. It's also very common to use PDO threads to improve the appearance of your forehead, brow, and cheeks.

In addition to renewing the appearance of the skin on your face, we can create improvements in other locations. If you have wrinkles and laxity issues on your neck, upper chest, thighs, abdomen, and arms etc. we can use this technique to correct these cosmetic issues.

### **How Long Will Your Lift Take to Complete?**

We will complete your lift during a quick, comfortable appointment at our conveniently located office in Kingston, Jamaica. Your lift will usually take about 45 minutes to finish. We will start this rejuvenating process by drawing temporary marks on your skin. These markings will allow us to place the PDO threads into precise locations on your face.

Next, we will use a local anesthetic to numb some of the tissues on your face and numbing cream. After this anesthetic has begun to work, we will place PDO threads under the surface layers of your skin. We will lift your tissues by gently pulling on your threads. After we have placed enough threads into your target area, you will be able to leave our office and go back to the rest of your scheduled activities for the day.

### **Will You Need to Take Time Off?**

Since your recovery will be short and easy, you will be able to continue working, caring for your children and other family members, and running errands after you get your lift. In fact, you could decide to receive your lift during your lunch break.

### **When Will Your Fine Lines and Loose Skin Begin to Improve?**

If you use an invasive procedure to correct your loose skin, you might have to wait for several months, or more to see improvements in your target area. This delay might make you feel frustrated or impatient. In addition, you might not be able to correct your aesthetic problems before you attend an important social gathering or event.

Fortunately, your thread lift will work very quickly. As soon as your lift is complete, your skin will look tight and firm. During the next 30 days, your PDO threads will prompt your tissues to create extra elastin and collagen. As these proteins build up in your skin, the area will become tighter, and your wrinkles will diminish. There's no guarantee when the individual will start seeing results, individual results vary.

## **How Long Will Your PDO Threads Last?**

Your PDO threads are designed to dissolve over a period of 4-6 months. The specific duration of your results will depend on the type of threads that we used during your lift, your metabolism, and other factors. Further, your increased collagen and elastin production can last for several months after your PDO threads have dissolved. On average, you can expect to enjoy the rejuvenating effect of your lift for up to 18 months.

## **Should You Use Permanent Threads to Improve Your Skin?**

In the past, some aesthetic providers used permanent threads to lift and contour people's faces. Instead of dissolving after several months, these durable threads were designed to remain in people's tissues for a long period of time. When you start researching thread lifts, you might think that permanent threads will produce more dramatic results. However, there are a few reasons why we will not use this technique to renew your appearance.

Although these threads are very strong and durable, they will only lift your skin for a short length of time. In addition, these threads can cause infections, inflammation, or other issues. Since this type of thread will not dissolve on its own, they are very difficult to remove. As a result, you should never use this type of thread to fix your laxity issues. You will achieve much better results when you use dissolvable PDO threads to lift your skin.

## **Can You Use Other Aesthetic Techniques to Enhance Your Look?**

In addition to providing minimally invasive lifts, we can use other cosmetic techniques to firm your skin, fix your acne issues, and improve your complexion. For example, **PLATELET-RICH PLASMA** If you would like to achieve firm, glowing skin, you should consider getting a platelet-rich plasma treatment. Instead of using chemicals or injectables to change your look, we will use healing factors in your own blood to revitalize your appearance. Platelet-rich plasma, also known as PRP, is a concentrated solution that has powerful healing abilities. This solution will transform your appearance by encouraging your tissues to make healthy skin cells.

This technique is sometimes called a liquid facelift because it will enhance the elasticity of your skin, add volume to your face, and reduce the prominence of your wrinkles and lines. You won't have a lengthy recovery period after we have finished administering the PRP solution into your target areas. Instead of

taking weeks off from your work, you will go right back to your job, housework, and other tasks. The other techniques are Mesotherapy and Micro needling.