



# Karma Wellness Center

## VSoft PDO Threads

### Post-Treatment Care

Your skin has undergone a PDO thread lift treatment and will need gentle support while healing. Following these guidelines will optimize your results and minimize risks.

### ✓ DO

#### Days 0-7

1. **Minimize discomfort.** Apply cool compresses as needed and take Tylenol if necessary.
2. **Keep head elevated.** Sleep on your back using a clean pillowcase.
3. **Limit facial movement.** Avoid excessive talking, chewing, or yawning.
4. **Stay hydrated.** Drink at least 64 ounces of water daily.
5. **Keep treatment area clean.** Use gentle skincare and avoid unnecessary touching.

#### Days 7-14

1. **Continue to limit facial strain.** Avoid wide mouth movements and excessive expressions.
2. **Maintain hydration.** Continue drinking plenty of water daily.
3. **Sleep on your back.** Avoid pressure on treated areas.
4. **Allow healing.** Mild swelling, bruising, or tightness is normal and should improve

### ✗ DO NOT

1. **Do not massage or manipulate** the treated areas.
  2. **Do not make excessive facial movements**
  3. **Do not perform vigorous exercise** or activities that increase blood flow.
  4. **Do not consume alcohol or smoke**, or drink through a straw as this can delay healing.
  5. **Do not undergo dental work or facial treatments.**
  6. **Do not apply pressure to the face** (including sleeping on your side or stomach).
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1. **Do not massage or manipulate** the treated areas.
  2. **Do not perform vigorous exercise** or activities that increase blood flow.
  3. **Do not consume alcohol or smoke**, as this can delay healing.
  4. **Do not undergo dental work or facial treatments.**
  5. **Do not apply pressure to the face** (including sleeping on your side or stomach).
  6. **Do not pick at or manipulate the skin** if irregularities are present

#### Please note:

Healing times vary by individual. Mild swelling, bruising, dimpling, or tightness may occur and typically resolve within 1–2 weeks. Results will continue to improve over several weeks to months as collagen production increases.

Complications may ensue as a result of smoking, using a straw, or similar motions. Smoking and similar actions are **STRONGLY** discouraged. Slight asymmetry, redness, visible sutures, suture breakthrough may require additional treatment or removal of the sutures

#### Contact Us if you Experience

- ! **Severe pain** that worsens after treatment
- ! **Skin turning pale**, white, purple, or blotchy
- ! **Vision changes** or blurred vision
- ! **Skin blistering** or ulceration
- ! **Extreme swelling**

#### Please note:

Healing rates vary by individual. If you have any questions or concerns please contact our office



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