

YOUR DECISION:

PDO THREAD LIFTING & COGS

Threading is a safe and effective technique that involves introducing threads under the skin to stimulate collagen and tighten the skin. The threads are made of polydioxanone (PDO), which dissolve after 6 months and has a lasting effect of 12-18 months. The threads are either smooth (monothreads) for improving skin texture or consist of barbs or cogs to lift any part of the face, including eyebrows, cheeks, jowls, jawline and neck. These threads can be used in combination with botulinum toxin and fillers for best results.

The threads have an immediate mechanical lifting effect and will continue to stimulate your own collagen over the next few months. Therefore the optimum results are expected 3 months later.

Relaxing the face muscles with botulinum toxin might be necessary before the first session with PDO thread, in order to maximise the lifting capacity of the threads. It is advisable to come back one month later for a second session for optimum results.

PDO threads should be repeated once a year to maintain the results. Botulinum toxin should be repeated every 3-4 months if this was performed before PDO threads.

The procedure is done under local anaesthetic to minimise discomfort.

Once inserted under the skin, the threads will be trimmed to below the level of the skin and won't be visible anymore.

Pre-treatment instructions

Avoid wearing make up before treatment to reduce the risk of infection.

It is important to avoid anti-inflammatory medications (aspirin, ibuprofen, naproxen or diclofenac) for at least 5 days prior to treatment unless it is prescribed for a medical indication. Similarly, avoid alcohol for 48 hours prior to treatment as this increases the risks of bruising and bleeding. Arnica may be taken 5 days prior to treatment to lessen the risk of bruising.

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Potential side effects and complications of PDO threads

- Swelling
- Bruising and Haematoma
- Infection
- Foreign body reaction
- Injury to arteries or veins
- Migrations of the threads
- Facial nerve trauma
- Asymmetry
- Pain
- Allergy to PDO threads (very rare)
- Scarring for the track of the thread
- Pigment changes – avoid the sun at least for 4 weeks post treatment
- Further treatment might be required to achieve the desirable results

Contraindications

- Active Acne or skin infection
- Keloid predisposition
- Auto-immune disease
- Anti-coagulant medication
- Haemophilia
- Pregnancy/ IVF treatment/ breastfeeding
- Active cold sore
- A history of bacterial endocarditis
- Chemotherapy
- Allergy to Lidocaine
- Previous allergy to PDO threads

If you experience any complication or unexpected signs or symptoms, it is important that you contact your practitioner immediately.

I realise that the local anaesthetic contains 2% Lidocaine, which may produce a positive result in anti-doping tests.

I have been informed about the risks and possible side effects of treatment. I have been given the opportunity to have my questions answered and accept these risks are my own.

I understand that there is no method of accurately predicting any healing or the reproduction capability of collagen in each patient following the PDO thread lifting procedure and therefore no amount of time can be allocated for the lasting effect following this procedure.

I confirm that I have read the above and consent to have PDO threads treatment.

CLIENT: Name:..... Signature:..... Date:.....

Clinician:
 I confirm I have summarised the relevant consent information verbally & checked understanding.

Clinician Signature:

Date:

Additional Notes/Lot Numbers of Products

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