



## Post-Treatment Instructions

### **Results:**

- It may take 2 weeks or longer for the treatment effect to be noticeable
- Bruising and swelling is normal and expected – if bruising is visible you can start taking oral Arnica and apply topical arnica cream.
- Asymmetry and irregularity of the tissues treated is common and should resolve.
- Pain at the injection site(s) is normal – this may last several days or even one week after treatment. You may occasionally also feel stinging sensation as the solid filler threads settle in, this is normal.

### **What you need to do:**

- If you see any irregularity or puckering of the skin of the treated areas, you may gently massage those areas by gently massaging in circular motions. You may repeat this 3 to 5 times a day.
- If any of the threads are exposed or start to extrude, you can either gently pull on the thread to try to remove it or you may use fine scissors to trim the suture at the skin. If you are uncomfortable performing either of these maneuvers, please contact your treatment provider to have this performed in the office. Always notify your clinician if this occurs regardless of whether you are able to return to the office or not.
- Avoid exercise for 24 hours.

### **When to call:**

- If you experience increased redness, swelling, or pain at an injection area.
- If one or more of the threads begin to extrude and you are unable or unwilling to remove the thread.
- If you have any questions or concerns regarding your treatment.

I certify that I have been counseled in post-treatment instructions and have been given written instructions as well.



## Injectables Questionnaire

1. Have you had any previous injectables?
2. If so, do you know the product that was injected?
3. Have you had any facial surgery?
4. Do you have any allergies to medication?
5. Are you currently taking any medications?
6. Are you pregnant or breastfeeding?
7. Do you have any history of cold sores, canker sores, or shingles? If so, how frequently and where do they occur?
8. Do you suffer from any neurological / neuromuscular disease?
9. Do you suffer from an autoimmune disorder or one that affects your immune system?
10. Do you suffer from TMJ, migraines, or any orofacial pain?
11. Do you grind your teeth?
12. Have you had or do you plan on having any dental work in the past two or next two weeks?



## PDO Thread Procedure Consent

The PDO (polydioxanone) Thread Lift and Smoothing procedure uses absorbable surgical sutures placed into the subdermal layer of the skin to initiate collagen production. The procedure can result in increased firmness and elasticity of the skin in the treated area. The nature of cosmetic procedures may require a patient to return for numerous visits in order to achieve the desired results or to determine whether the treatment may not be completely effective at treating the particular condition.

### **Possible Risks and Side Effects Associated with PDO Thread Lift Procedure:**

- Discomfort: Some discomfort may be experienced during treatment.
- Scarring: May cause scarring; sutures are inserted using a small needle, which must heal. A scar at the entry point may occur.
- Bruising, Swelling, Infection: With any minimally invasive procedure, bruising of the treatment area may occur along with the potential for swelling and is likely. Infection is rare, but with any injection or incision into the skin, the possibility exists.
- Bleeding: You may experience some bleeding during the procedure. Hematoma or a small blood clot may occur and may require treatment by drainage. There is a higher risk of bleeding if you have taken any anti-inflammatory medications (Advil, Motrin, Aspirin, Ibuprofen) within the 10 days preceding the procedure.
- Damage to Deeper Structures: Deeper structures such as nerves, blood vessels and muscles may be damaged during the procedure. The potential for this to occur varies according to the location on the body the procedure is being performed. Injury to deeper structures may be temporary or permanent.
- Allergic Reaction: Allergies to tape, suture material or topical preparations have been reported. Allergic reactions may require additional treatment.
- Partial Laxity Correction: PDO Lift may not correct all your facial laxity or sagging.
- Delay Healing: 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

### **PREGNANCY AND ALLERGIES**

I am not aware that I am pregnant. I am not trying to get pregnant. I am not lactating (nursing). I do not have or have not had any major illnesses which would prohibit me from receiving dermal fillers. I certify that I do not have multiple allergies or high sensitivity to medications, including but not limited to lidocaine.

### **ALTERNATIVE PROCEDURES**

Alternatives to the procedures and options that I have volunteered for have been fully explained to me.

### **PAYMENT**

I understand that this is an "elective" procedure and that payment is my responsibility and is expected at the time of treatment.

### **RIGHT TO DISCONTINUE TREATMENT**

I understand that I have the right to discontinue treatment at any time.

### **PUBLICITY MATERIALS**

I authorize the taking of clinical photographs and videos and their use for scientific and marketing purposes both in publications and presentations. I understand that photographs and video may be taken of me for educational and marketing purposes. I hold Cloud 9 MedSpa harmless for any liability resulting from this production. I waive my rights to any royalties, fees and to inspect the finished production as well as advertising materials in conjunction with these photographs.



## **RESULTS**

I understand this is an elective procedure and I hereby voluntarily consent to treatment with PDO suture threads for skin rejuvenation, lifting of the skin to help establish proper lip and smile lines and improved esthetics. The procedure has been fully explained to me. I also understand that any treatment performed is between me and the doctor/healthcare provider who is treating me and I will direct all post-operative questions or concerns to the treating clinician. I have read the above and understand it. My questions have been answered satisfactorily. I accept the risks and complications of the procedure and I understand that no guarantees are implied as to the outcome of the procedure. I also certify that if I have any changes in my medical history I will notify the doctor/healthcare professional who treated me immediately. I also state that I read and write in English.



## Pre-Treatment Instructions

A few simple guidelines before your treatment can make a difference between a good result and a fantastic one.

- Patients should be in good overall health. A full medical and dental history must be performed on all patients for optimal results.
- If you develop a cold sore, blemish, or rash, etc. in the treatment area prior to your appointment you must reschedule.
- If you have a special event or vacation coming up schedule your treatment at least 2 weeks in advance.
- Let us know if you are prone to cold sores – a preoperative medication may help prevent cold sores after treatment.
- AVOID: Alcohol, caffeine, motrin, ginkgo biloba, garlic, flax oil, cod liver oil, vitamin A, vitamin E, fatty acids, niacin supplements, high-sodium foods, high sugar foods, refined carbohydrates, spicy foods, or cigarettes 24 hours before your treatment. This is to reduce the incidence of bruising after these procedures.
- Discontinue Retin-A two (2) days before and two (2) days after treatment.