



CONSENT FOR TREATMENT

PDO Threadlifting Procedure

PURPOSE AND BACKGROUND

As a patient of Nourished MedSpa and Wellness Center, I have requested administration of Polydioxanone (PDO) threads. This is a non-surgical skin rejuvenation procedure that provides a subtle lifting and tightening effect to the skin achieved by the injection of a special thread called polydioxanone, or PDO, which has properties that stimulate the synthesis of collagen and elastin. I understand that all medical and cosmetic procedures carry risks and may cause complications. The procedure may require multiple sequential treatments.

PROCEDURE

1. This procedure is administered via the injection of multiple needles into the determined treatment areas of the face or body. The needles contain the PDO filament, or thread. When the needles are placed in the skin and later retrieved, the PDO thread is left in the skin. The PDO is made of bio-absorbable and anti-microbial filament. The PDO thread will dissolve in the skin tissue in approximately 6 months. In the process, the PDO will generate collagen and elastin stimulation, producing a natural tightening effect in the treated areas.
2. The type of PDO threads used, length of the needles, and depth of the injection(s) will depend on the areas being treated.
3. A topical or injectable anesthesia, depending on the areas being treated, is used to reduce the discomfort of the injections.
4. The treatment site(s) is/are cleansed first with an antiseptic (cleansing) solution.
5. Multiple needles will be injected depending on the treatment areas.
6. The needles will then be removed, leaving the PDO thread in the skin.
7. If the treated area is swollen directly after the injection, ice may be applied on the site for a short period.
8. Improvement is gradual and full correction appears between 4 – 6 weeks after treatment.
9. Regular maintenance treatments help sustain the desired level of correction.

RISKS AND COMPLICATIONS

1. Although a very thin needle is used, common injection-related reactions could occur. These may include but are not limited to: swelling, pain, itching, discoloration, bruising or tenderness at the injection site. This may last from a few hours to a few days. In some cases, bruising can take several days. You could experience increased bruising or bleeding at the injection site if you are using substances that reduce blood clotting such as aspirin or other non-steroidal anti-inflammatory drugs such as Advil.
2. Tenting of the skin or the sensation of a thread may be felt underneath the skin and may be visible after placement
3. Reactions generally lessen or disappear within a few days but may last for a week or longer.
4. The threads also may inadvertently migrate to other areas and require removal or revision. There may be pain that occurs at any point after placement.
5. As with all injections, this procedure carries the risk of infection. The needles are sterile and standard precautions associated with injectable materials have been taken.
6. Some patients may experience additional swelling or tenderness at the injection site and in rare occasions, pustules might form. These reactions might last for as long as approximately 2 weeks, and in appropriate cases may need to be treated with oral corticosteroids or other therapy.
7. PDO threads should not be used in patients who have previously experienced the above-mentioned hypersensitivity, those with severe allergies, and should not be used in areas with active inflammation or infections (e.g., cysts, pimples, rashes, or hives).
8. If you are considering laser treatment, chemical skin peeling, or any other procedure based on a skin response after an PDO thread lift treatment, or you have recently had such treatments and the skin has not healed completely, there is a possible risk of an inflammatory reaction at the injection sites.
9. Most patients are pleased with the results of the PDO thread lift procedure. However, like any cosmetic procedure, there is no guarantee that you will be completely satisfied. There is no guarantee that wrinkles and folds will disappear completely, or that you will not require additional treatment to achieve the results you seek. While the effects of PDO threads can last longer than other comparable treatments, the procedure is still temporary. Additional treatments will be required periodically, generally within 1 to 2 years, involving additional injections for the effects to continue.
10. After treatment, you should minimize exposure of the treated area to excessive sun or UV lamp exposure and extreme cold weather until any initial swelling or redness has gone away.



PRE-TREATMENT INSTRUCTIONS

PDO Threading Procedure

If you have a history of cold sores, consider beginning prophylactic treatment with Valtrex or similar no later than the day prior to PDO Threading.

Notify the center if you develop a cold sore, acne, open lesions in the area being treated, or experience any type of illness prior to your treatment.

For two weeks before the procedure, AVOID:

- Chemical Peels and Laser/IPL treatments
- Botox/Xeomin
- Fillers
- Avoid sun exposure for 2 weeks prior to treatment and use SPF 30 daily to ensure coverage against UVB and UBA rays.

Please contact our office at 903-357-5108 with any questions or concerns.



POST-TREATMENT INSTRUCTIONS

PDO Threading Procedure

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 will resolve
- Pain at the injection site(s) is normal – this may last several days or even one week after treatment

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 applying a small amount of moisturizer and 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, please call Dr. Carter.
- Avoid exercise for 24 hours unless you are told otherwise

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
- If you have any questions or concerns regarding your treatment.

Please contact our office at 903-357-5108 with any questions or concerns. If you have an emergency or urgent pressing clinical issue, call Dr. Carter at 903-818-3467. Texting is the best way to reach Dr. Carter.

Please make an appointment for follow-up and reassessment in 4 weeks.

Patient Name (please print)

Patient Signature

Date