



## **PRE AND POST INSTRUCTIONS MINT™ PDO THREADS**

### **Pre Treatment**

- Do not put makeup on when coming for the treatment.
- Have a light breakfast.

### **Post Treatment**

- You may go back to everyday life (i.e. driving, eating, walking, etc.) right after the procedure.
- Swelling may be present after the procedure but the use of ice packs for 30 minutes for a few days will help with swelling.
- Avoid lying down on your back or stomach for 4 hours after the procedure to decrease the possibility of the movements of threads.
- Avoid washing hair and taking a shower for the next 24 hours after the procedure.
- If there are band aids, please leave them on for 24 hours after the procedure.
- Avoid drinking or smoking to prevent possible infection for 1-2 days after treatment.
- It is recommended to sleep on your back to prevent maneuvering of threads for 3-5 days.
- Avoid strenuous workouts, and exaggerated facial expressions for 2-3 weeks.
- Deep facial massages should be avoided for the next couple months, however laser treatments may be done after a week from the procedure.

**We want you to be completely happy with your visit to Eterna!  
Call the office with any questions or concerns 253.268.3400 or after hours 253.466.5011.  
If you are pleased with the service you received today, we invite you to post a review on  
Yelp or Google.**