

# PDO Threads FAQ

## Frequently Asked Questions about PDO Threads

### What are PDO Threads?

PDO (Polydioxanone) threads are a type of medical-grade thread used in cosmetic procedures to lift and tighten sagging skin. These threads are made from a biodegradable polymer that is commonly used in medical sutures. PDO threads are inserted under the skin to provide support and stimulate collagen production, resulting in a more youthful appearance.

### How do PDO Threads Work?

PDO threads work by providing mechanical support to the skin and stimulating the body's natural healing processes. When inserted into the skin, the threads create a scaffold that supports the tissues and encourages collagen production. Over time, the threads dissolve, leaving behind improved skin structure and firmness.

### What Areas Can be Treated with PDO Threads?

PDO threads can be used to treat various areas of the face and body, including:

- Forehead and brows
- Cheeks
- Jawline
- Neck
- Upper arms
- Abdomen
- Thighs

### What is the Procedure Like?

The PDO thread procedure is minimally invasive and typically takes around 30 to 60 minutes to complete. Before the treatment, the area to be treated is numbed with local anesthesia to minimize discomfort. The threads are then inserted into the skin using a thin needle or cannula. Patients may experience some swelling, bruising, or redness after the procedure, but these effects usually subside within a few days.

## Are PDO Threads Safe?

PDO threads are considered safe when performed by a qualified and experienced medical professional. The threads are biodegradable and dissolve naturally within the body over a period of months. As with any cosmetic procedure, there are potential risks and side effects, such as infection, asymmetry, or thread migration. It's important to discuss these risks with your provider before undergoing treatment.

## How Long Do the Results Last?

The results of PDO thread treatments can vary depending on the individual and the area treated. Generally, the initial lifting effect is visible immediately after the procedure, and the full results develop over the following months as collagen production increases. The results can last anywhere from 12 to 18 months, after which maintenance treatments may be necessary to sustain the desired effects.

## Who is a Good Candidate for PDO Threads?

Good candidates for PDO thread treatments are individuals who are experiencing mild to moderate skin sagging and want to improve their appearance without undergoing surgery. Ideal candidates should be in good overall health and have realistic expectations about the outcomes of the procedure. A consultation with a qualified provider can help determine if PDO threads are the right option for you.

## What Are the Benefits of PDO Threads?

PDO thread treatments offer several benefits, including:

- Non-surgical and minimally invasive
- Quick recovery time
- Immediate lifting effect
- Stimulates natural collagen production
- Long-lasting results

## What Should I Expect During Recovery?

Recovery from PDO thread treatments is generally quick and uncomplicated. Patients are usually able to resume their normal activities within a few days. It's important to follow your provider's post-treatment instructions to ensure optimal results and minimize

the risk of complications. Avoid strenuous activities, facial massages, and excessive sun exposure during the recovery period.

## How Much Do PDO Thread Treatments Cost?

The cost of PDO thread treatments can vary based on factors such as the number of threads used, the area treated, and the provider's expertise. It's important to consult with your provider to get a detailed estimate and discuss payment options.

## Where Can I Get PDO Thread Treatments?

PDO thread treatments should be performed by a licensed and experienced medical professional.

## What Are the Alternatives to PDO Threads?

There are several alternatives to PDO thread treatments for lifting and tightening the skin, including:

- Dermal fillers
- Botox
- Ultherapy
- Radiofrequency treatments
- Surgical facelifts

Each option has its own benefits and considerations, so it's important to discuss these alternatives with your provider to determine the best approach for your needs.

## Can PDO Threads be Combined with Other Treatments?

Yes, PDO thread treatments can be combined with other cosmetic procedures to enhance and prolong the results. Common combination treatments include dermal fillers, Botox, and skin resurfacing treatments. Combining treatments can address multiple concerns and provide a more comprehensive rejuvenation.

## Conclusion

PDO threads are an innovative and effective option for those seeking non-surgical skin lifting and tightening. With their ability to stimulate collagen production and improve skin structure, PDO threads offer long-lasting results with minimal downtime. By understanding the procedure, benefits, and considerations, you can make an informed decision about whether PDO threads are right for you.