



INSTALIFT / PDO THREAD PREP INSTRUCTIONS

- Do Not take blood thinning medication such as ASPIRIN (Bufferin, or Baby Aspirin) or IBUPROFEN (Advil, Motrin, or Nuprin), NAPROXEN (Aleve) or Non-Steroidal Anti-Inflammatory Drugs (NSAIDS) similar to these medications, for 7 days before your treatment. If you are required to take any blood thinning medications or supplements on a daily basis, you should consult with your physician for clearance.
- Avoid vitamins or supplements that can increase bleeding, such as Fish oil, Turmeric, Vitamin E, Vitamin D, Ginger and Ginkgo Biloba for one week prior to your procedure.
- Do not drink alcohol for 2 days prior to the procedure, this might cause excessive bleeding and decreased resistance to infection. Please avoid red wine for 4 days before surgery in order to minimize bruising. If any medical conditions change or if there are any medications changes (added or discontinued), please notify the office prior to your scheduled appointment.
- Notify our provider of any allergies or intolerance to lidocaine, epinephrine, sodium bicarbonate, adhesive bandages, iodine, or chlorhexidine. The provider will discuss measures to keep you comfortable as possible during the procedure.
- Patients often describe a minimal and brief “bee sting” sensation while numbing the area. Your provider may inquire about your pain tolerance and take extra steps to ensure your level of discomfort is minimized.