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**PDO Thread
Training Didactic**

Presentation Topics

- ❖ About PDO Max
- ❖ What are PDO Threads
- ❖ About PDO Threads and Cannulas/Needles
- ❖ PDO Thread Effects
- ❖ Indications
- ❖ Cannula comparisons
- ❖ For Best Results
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About Us

- Giovanna McCarthy has been in the skin care business for over 30 years. She is a Licensed Cosmetologist with Esthetic Medical Certifications and is certified and licensed in the use of all commercially available laser systems for skin care.
- Ms. McCarthy has collaborated with plastic surgeons and dermatologists in the greater Syracuse area for the past 15 years. With her expertise in skin care and her unique ability to educate, Giovanna has become a trusted liaison between patient and physician.
- Most recently, Ms. McCarthy has branched out into the Medical Device market with PDO Max PDO Threads and Lipofilling kits.
- She travels around the world offering best in class PDO Thread, Lipofilling, Sharplight Laser trainings and MedSpa Consulting. She has collaborated with Esthetic Skin Institute in Fort Lauderdale on their PDO Thread training and also teaches their Medical Esthetics Business Course.



About Us Continued

- ❖ **PDO Max threads, formerly Rejuvn8**, is the trusted provider of hundreds of medical practices utilizing its proprietary FDA cleared Polydioxanone threads (PDO) threads in their medical aesthetics practices.
- ❖ FDA cleared PDO Max threads (K190245), can help you grow your practice with training and device support. PDO Max offers both group and individual instructional courses, which cover the application of PDO techniques.
- ❖ Our focus is on the science of beauty, and the most effective ways to restore the indicators of health, using minimally invasive techniques that offer stunning results.

What are PDO Threads?

- ❖ Polydioxanone (PDO) is a strong synthetic monofilament fiber consisting of one solid fiber of thread. It absorbs in 4-6 months depending on the thickness of the thread.
- ❖ PDO is a colorless, biodegradable synthetic polymer
- ❖ Has been used as a cutaneous and subcutaneous suture material in plastic surgery, cardiology, traumatology and gynecology for more than 30 years.

What are PDO Threads

- ❖ PDO Threads have high flexibility, elasticity and durability
- ❖ They have better resistance and elasticity than all other absorbable synthetic threads
- ❖ Absorption is by hydrolysis. H₂O and CO₂ are released in this mildly exothermic reaction.
- ❖ Total thread absorption occurs within 180 days from time of implantation.

PDO In Cannulas and Needles

- ❖ The PDO needle or cannula is made of special steel that is laser sharp and flexible which allows for unique control as the needle is inserted.
- ❖ The PDO thread is loaded into the needle or cannula and a very small portion of the thread protrudes out the distal end and is held in place by a sponge that wraps around the needle.
- ❖ The sponge holds the thread in position while the needle or cannula is inserted into the skin
- ❖ Once the entire length of the needle has been inserted, gentle pressure is applied to the distal end from the outside of the skin and holds the thread inside as the needle is withdrawn.

PDO Thread Effects

- ❖ Healing from trauma and absorption generates neo-collagenesis of the skin
- ❖ Creates mild fibrosis as new bands which strengthen connective tissue of skin
- ❖ Smooth threads can be inserted in a mesh pattern to create scaffolding for support
- ❖ Barbed threads can mildly lift and reposition skin
- ❖ The effects of skin repositioning and swelling may be seen immediately
- ❖ Results can be reassessed after 1-2 weeks and thereafter

PDO Thread Effects Continued

- ❖ Wrinkles start to smooth, pores narrow
- ❖ Skin becomes more elastic and improved texture
- ❖ Skin improves over next 4-6 months and lifting is noticeable
- ❖ The final result can be seen 12-24 months or more depending on patients age, level of metabolic activity of the cells and skin

Indications - Face

- ❖ Cheeks
- ❖ Jowls
- ❖ Smokers lines
- ❖ Jaw
- ❖ Vermillion border and cupid's bow
- ❖ Neck
- ❖ Under eye
- ❖ Eyebrows
- ❖ Nose
- ❖ Nasal Labial Folds
- ❖ Crow's Feet

Indications – Body

- ❖ Breasts
- ❖ Buttocks
- ❖ Knees
- ❖ Abdomen
- ❖ Legs
- ❖ Arms
- ❖ Legs

Cannula Comparison



Sharp Cannula



Dull Cannula



Blunt Cannula



“L” Cannula



For Best Results

- ❖ Ages 25-35 for prevention of skin aging
- ❖ Ages 35-75 for treatment of skin aging
- ❖ Best results are achieved with mid-age patients
- ❖ Skin that is not too thick and heavy
- ❖ No major dermatological disease

Contraindications

Immune diseases

Pregnancy

Coagulation Diseases

Cutaneous Neurofibromatosis

Various acute infectious disease (ie: influenza, febrile illness)

Oncology

Tendency toward keloid scarring

Inflammation of the skin in areas to be treated

Neurotic Psychological disorders – unrealistic expectations

Pre- treatment Care

- Avoid Aspirin, Vitamin D, NSAIDS –
Avoid for 7-10 days
- Avoid Alcohol 3 days prior to procedure
- Oral antibiotics are recommended by
some practitioners for introduction of
over 100 threads for 5 days prior to
treatment
- Valtrex 2GM day before or morning of
then 2GM 12 hours after first dose for
patients with more than 4-6 outbreaks per
year

Post Treatment Recommendations

- ❖ Arnica, Vitamin K may be applied after procedure for 5-7 days for bruising
- ❖ Microcurrent and Cold Compresses only if necessary for 10 minutes
- ❖ Avoid baths
- ❖ Avoid active sports for 1 week
- ❖ Avoid Facial Massage for 1 month
- ❖ Avoid laser, IPL, RF and other energy treatments for 1 month

PDO Protocol for Procedure

- Photos before procedure
- Map area to be treated while patient is sitting up. Take photo of mapping
- Topical anesthetic or local infiltration
- Disinfect treatment area well before procedure
- Treat area – Introduce threads
- Disinfect treatment area after finished
- Optional- Apply arnica or vitamin K
- Cold compresses
- Photo after procedure

Treatment Areas and Pricing Guidelines



THE SCIENCE *of* Beauty



Hand | \$500

5-10 29G50mm smooth PDO threads and/or 5-10 30G38mm smooth PDO threads.



Décolletage | \$1200

5-10 26G90mm, 5-10 29G50mm, 5-10 30G38mm smooth PDO threads inserted in a basketweave pattern.



Breast | \$2200

A: 3 19G100mm bidirectional barbed PDO threads inserted from a common insertion point in the shape of an inverted trident.
B: 4 19G100mm bidirectional barbed PDO lifting threads inserted laterally and inferiorly supplemented by 5-10 30G38mm smooth PDO threads to form a lifting sling.



Tummy | \$1800 - \$2500

2-4 19G100mm bidirectional barbed PDO threads can be used. Smooth PDO threads for biostimulation can be used, 5-10 26G90mm, 5-10 29G50mm, and/or 5-10 30G38mm.



Inner and Outer Thigh | \$2200 - \$2500

A: 2 19G100mm bidirectional barbed PDO threads and 5-10 smooth PDO threads for biostimulation, 26G90mm, and 29G50mm.
B: 5-10 26G90mm, 5-10 29G50mm smooth PDO threads for biostimulation can be used.



Knee | \$800 per leg

2 19G100mm bidirectional barbed PDO threads and 5-10 smooth PDO threads for biostimulation, 26G90mm, and 29G50mm.



Buttock | \$1800 - \$2500

A: 3 19G100mm bidirectional barbed PDO threads inserted from a common insertion point in the shape of an inverted trident.
B: 5-10 26G90mm, 5-10 29G50mm, 5-10 30G38mm smooth PDO threads inserted in a basketweave pattern.



Batwing | \$750 - \$1500 per arm

4 19G100mm bidirectional barbed PDO threads and basket weave of 26G90mm, 29G50mm, and/or 30G38mm smooth PDO biostimulation threads.



www.PDOMax.com



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Before and After Photos













PDO Benefits and Conclusion

- ❖ Polydioxanone is a safe, non-toxic suture used for over 30 years
- ❖ Preventive and healing abilities
- ❖ Can be used in patients who do not want surgery, neurotoxin or fillers
- ❖ Procedure is quick usually 30-45 minutes
- ❖ Side effects are mild and recovery time is short
- ❖ Formation of collagen gives long lasting effects
- ❖ Natural look
- ❖ Can be used as both alternative to plastic surgery and fillers OR in conjunction with.

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