

**The 5 things
you Absolutely
Must Know
before
embarking on a
thread-lift
procedure**



The 5 things you absolutely must know before embarking on a thread-lift procedure

This e-book will guide you through the must know information prior to getting a thread-lift. These are the things that a lot of clinics WON'T tell you. You will be armed with questions you MUST ask your doctor prior to getting any thread-lifting procedure.

Don't leave your facial aesthetic to chance. Thread-lifts are as much an art as a science.

Choosing your thread-lift Doctor is the most important factor in determining thread-lift success.



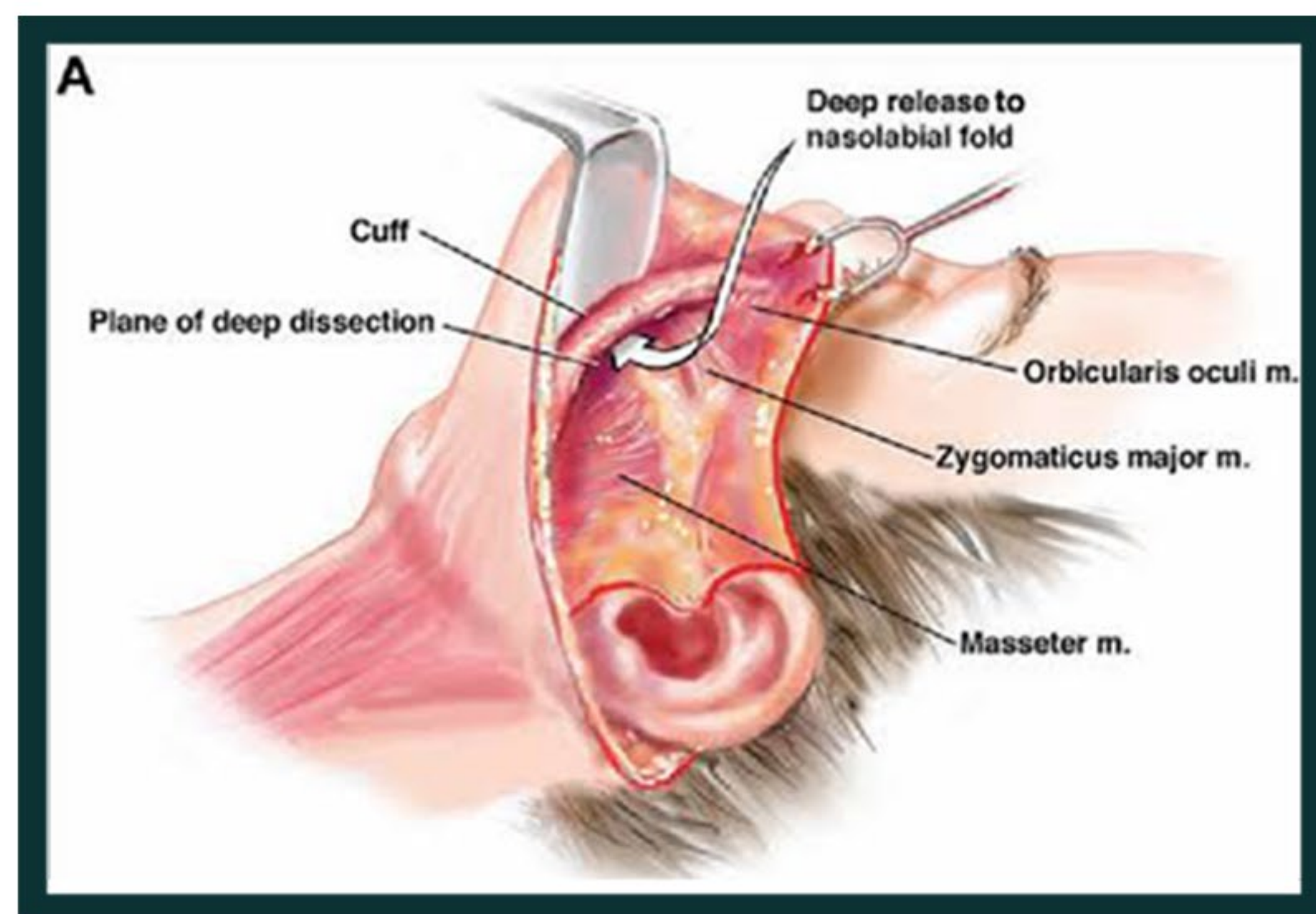
1) Differences between a traditional facelift and a non-surgical facial thread-lift

Traditional facelift

Explained simply, this operation involves extensive dissection of facial tissues down to the facial midline. Essentially, the skin and some layers of soft tissue are lifted up off the face, then repositioned, while excessive skin is trimmed away before being stitched closed in front of the ear.

The procedure takes place under general anaesthetic, and leaves scars around the creases of the ears.

Traditional facelifts are a mainstay for older patients with severe laxity, drooping and heaviness of the lower face or brow. These patients are often not candidates for thread-lifts.



Thread-lift

Thread - lifts employ a stitch-like material, similar to that used in any common operation (e.g. having appendix out). They are placed under the skin using either cannula or needle, into the subcutaneous fat of the face. Small barbs or cones incorporated into the thread grab hold of facial tissues and allow the threads to lift sagging facial structures into place. This can be done in your lunch time, with minimal to no downtime.

Threads are especially good for those wanting a subtle lift. Older patients with severe sagging are not ideal candidates for this procedure.

	Face-Lift	Thread-Lift
Downtime	Weeks to months	Hours to 3 days
Anaesthetic	General	Local
Pain	Significant post op pain	Minimal to none
Expense	\$20,000- \$45,000	\$1500-\$5000
Duration of result	10-15 years	18-24 months
Ease of procedure	Extremely skilful, huge surgeon to surgeon differences	Simple in the right hands
Bruising	100% significant bruising	Occasional bruising
Procedure time	Several hours	10-30 minutes
Scarring	Visible in all patients, hidden in ear crease.	Nil
Lifting capacity	Unlimited	Mild to moderate lift

Questions you must ask your doctor prior to having a facelift or thread-lift?

- Am I a candidate for a less invasive non-surgical method?
- How many of these procedures have you performed?
- What is the downtime associated with the procedure?
- What technique will you be using, and why is this suitable for my face?

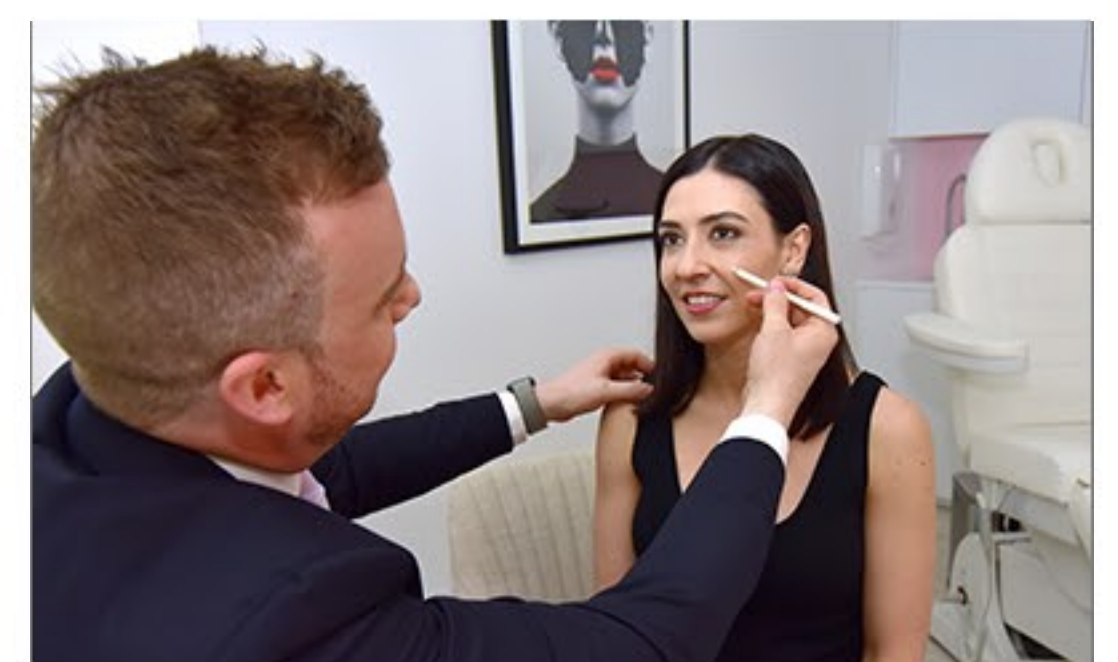
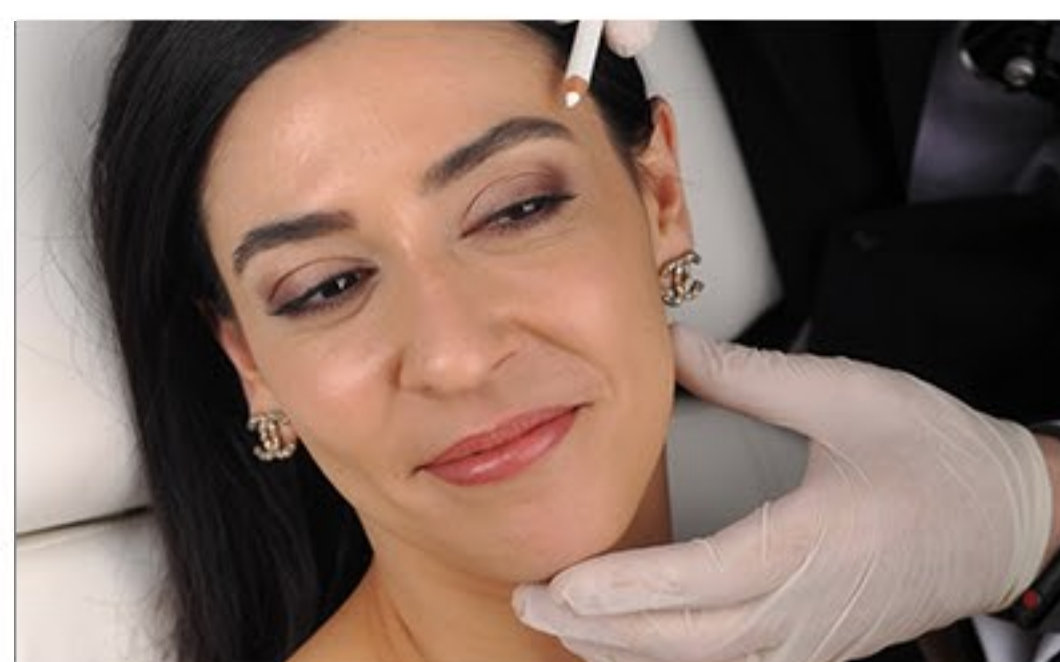
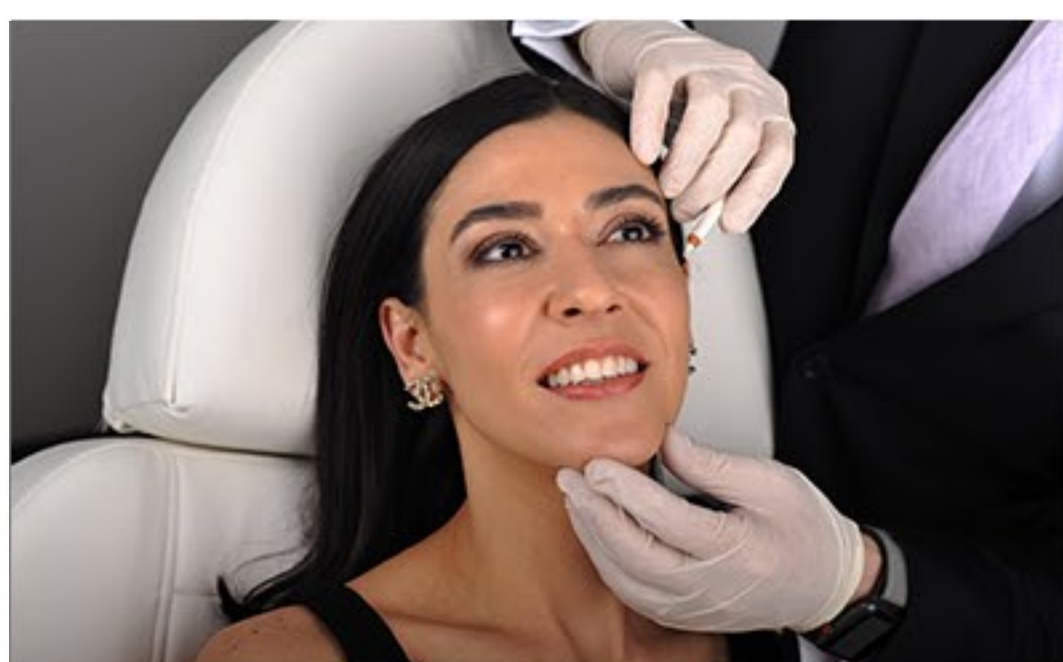
2) What is a thread-lift?

No Surgery, No Cutting, No stitching, No hideous expense or downtime

Thread-lifting has revolutionised the way we think about repositioning sagging facial skin. Thread-lifting technology has provided Cosmetic doctors with a much less invasive, much cheaper and less painful alternative to traditional facelifting.

Threads are made up of a dissolvable stitch-like material, similar to that used in any common operation (e.g. removal of appendix). After numbing and local anaesthesia, threads are inserted into the skin by way of sharp or blunt tip needles (called a cannula). Once inserted, the threads anchor and lift sagging skin upwards. The excess thread is then cut off.

Depending on the areas treated and number of threads the procedure can take 10-30 minutes.



Most people describe the procedure as mildly uncomfortable, but not necessarily painful. Improving techniques have significantly decreased the pain associated with this procedure.

Threads provide an immediate lifting and progressive tightening of facial skin by two main actions:

1) Support: Immediately lifting through repositioning and anchoring sagging facial tissues

2) Biostimulation: Once inserted, threads create an intensive collagen stimulating process around them for a progressive volumisation, and natural tightening over 3-6 months.

6-12 months after the procedure the threads will have slowly dissolved. Lifted facial contours will remain for another 6-12 months due to their collagen stimulating effects.



3) The different types of threads available?

Hundreds, if not thousands of different types and brands of threads exist worldwide. Most of these are NOT TGA approved. It's very important to ensure you are being treated with threads that are approved for use in Australia. There are many cheap imitation products on the market wholesaling for as little as \$1 per thread, allowing the rare unscrupulous practitioner to take advantage of unsuspecting patients.

Two main types of thread materials exist in Australia:

1) Polydioxanone (PDO) is a commonly used surgical suture material that dissolves over 6 months. Made in Korea, they differ in terms of design (e.g. barbs, cogs, monos, multi etc.)

2) Poly-L-Lactic Acid (Silhouette Soft) materials are also commonly used in surgical sutures. These have a greater longevity and collagen stimulating ability than PDO threads averaging 12 months before dissolving.

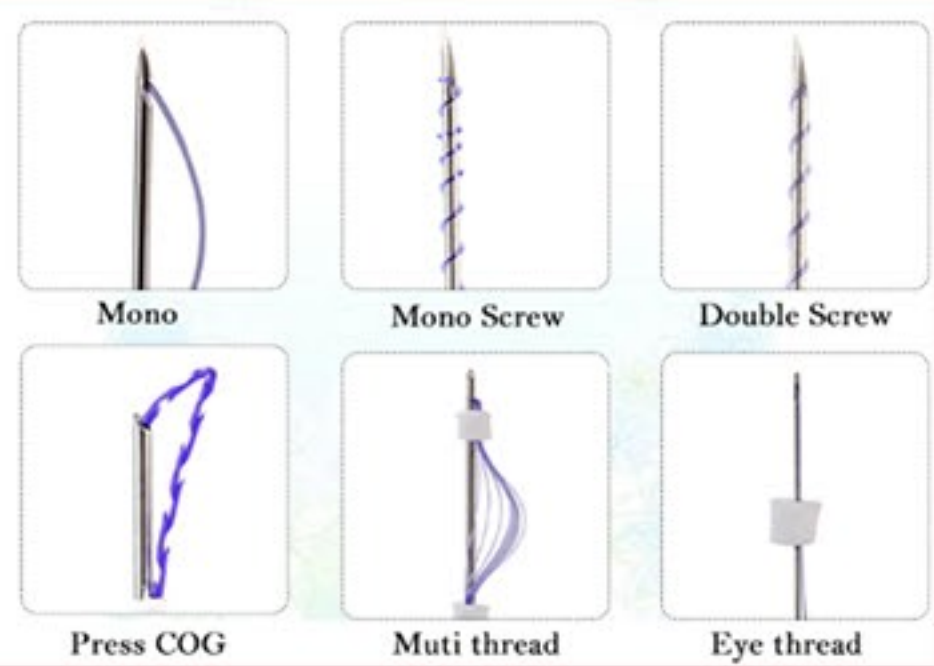
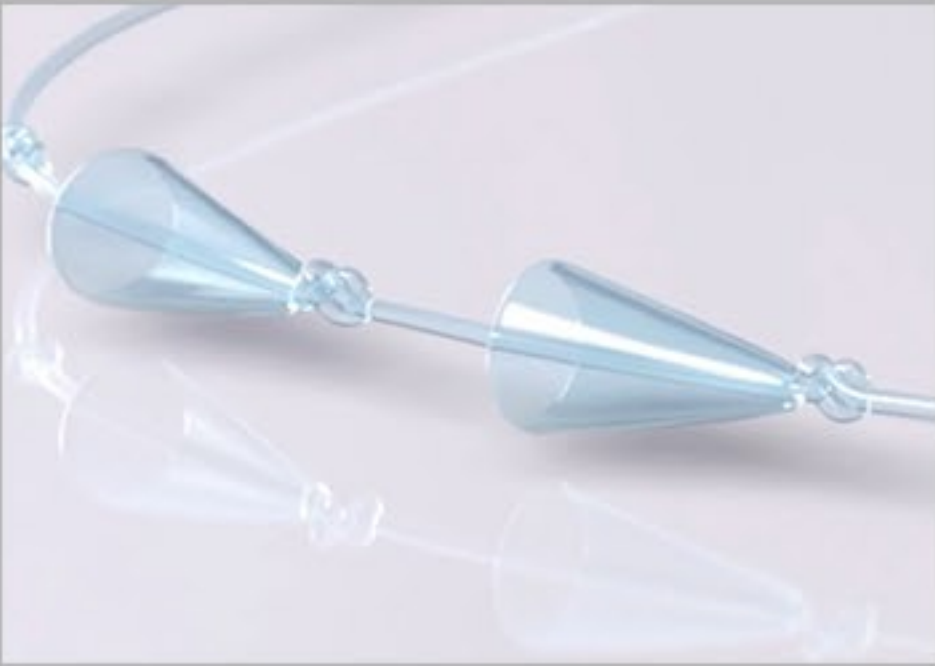
A third general class of threads are the PDO mono threads. These are used in skin tightening and placed in large quantities very superficially in the skin.

What are the main differences?

1) PDO lifting threads are superior for soft tissue lifting. The instant and lasting lift is often much tighter than Silhouette soft threads.

2) PDO mono are smooth threads placed in large quantities (i.e. 10 to 100 threads at a time) just under the skin's surface.

3) Silhouette Soft PLLA threads are superior for volumisation, have less swelling and bruising and offer a more subtle, gentle lifting than PDO threads.

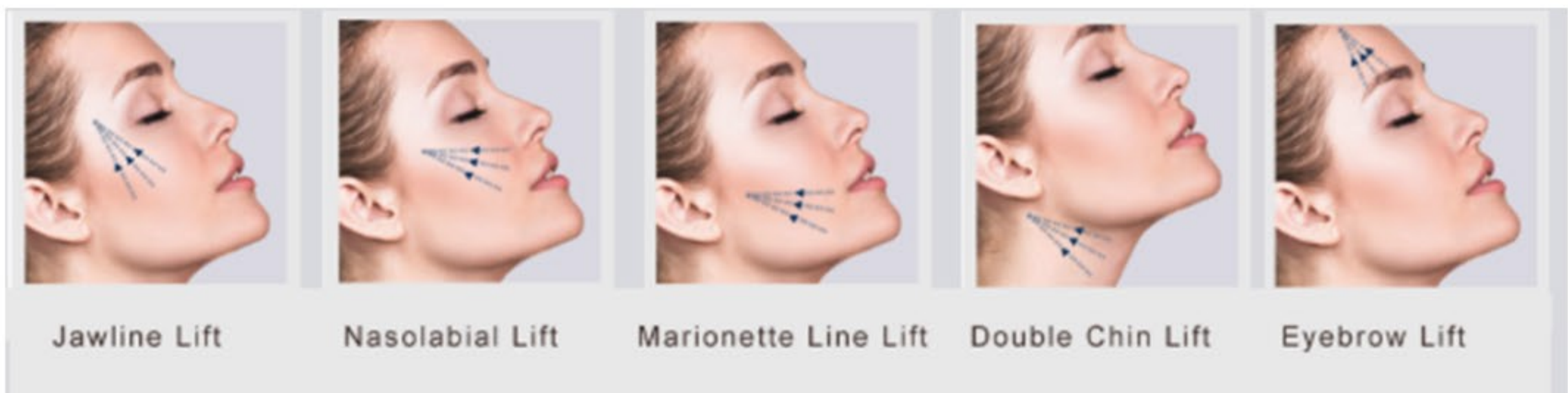
	PDO lifting threads	PLLA (Silhouette Soft)
Lifting capacity	Moderate	Mild-moderate
Volumisation	Mild	Moderate
Duration of collagen stimulation	6 months	12 months
Longevity of result	12-18 months	18-24 months
Time until thread dissolved	6 months	12 months
Bruising	Mild	Uncommon
Swelling	Mild to moderate	Minimal to none
Delivery method to tissues	Cannula or needle depending	Needle
Type of threads available	Large variation – cog, multi, barbed, monos etc.	Vary in terms of number of cones on thread 8,10 or 12 cones per thread
Examples		

Questions to ask your thread-lifting doctor to ensure you get the thread you need, rather than just the thread they have.

- What type of thread will you be using?
- Why has this thread been chosen?
- Does this thread have TGA approval?

4) What areas can be treated with thread-lifts?

Threadlifts are a versatile treatment that can be used in a variety of different facial and body areas.



Brow lift

Traditional non-surgical methods of lifting the brow antiwrinkle injections or dermal fillers. These often provide subtle, disappointing results. Thread brow lifting provides a better option, lifting and shaping sagging brows without downtime, pain or significant bruising. This technique can be used to lift a sagging brow, improve excessive skin bunching over the upper eyelid, or for those who want the Bella Hadid look, tightening the brow.



Mid face

Threads in the midface lift and tighten sagging smile lines (nasolabial folds) and reposition volume back to the cheeks. This provides an improvement to cheek contour and a smoothing of nasolabial folds.



Lower face

Lower face threads can sharpen a jawline, improve jowls, smooth marionette lines and generally improve the lower facial aesthetic. Threads in this area are the gold standard in non-surgical lower face improvement. Fillers in the lower face, especially in females can cause a heaviness that is obvious and really detracts from your overall aesthetic.

DON'T let anyone put ml after ml of filler in your lower face to improve lines without at least first considering whether a thread-lift may be a better option.

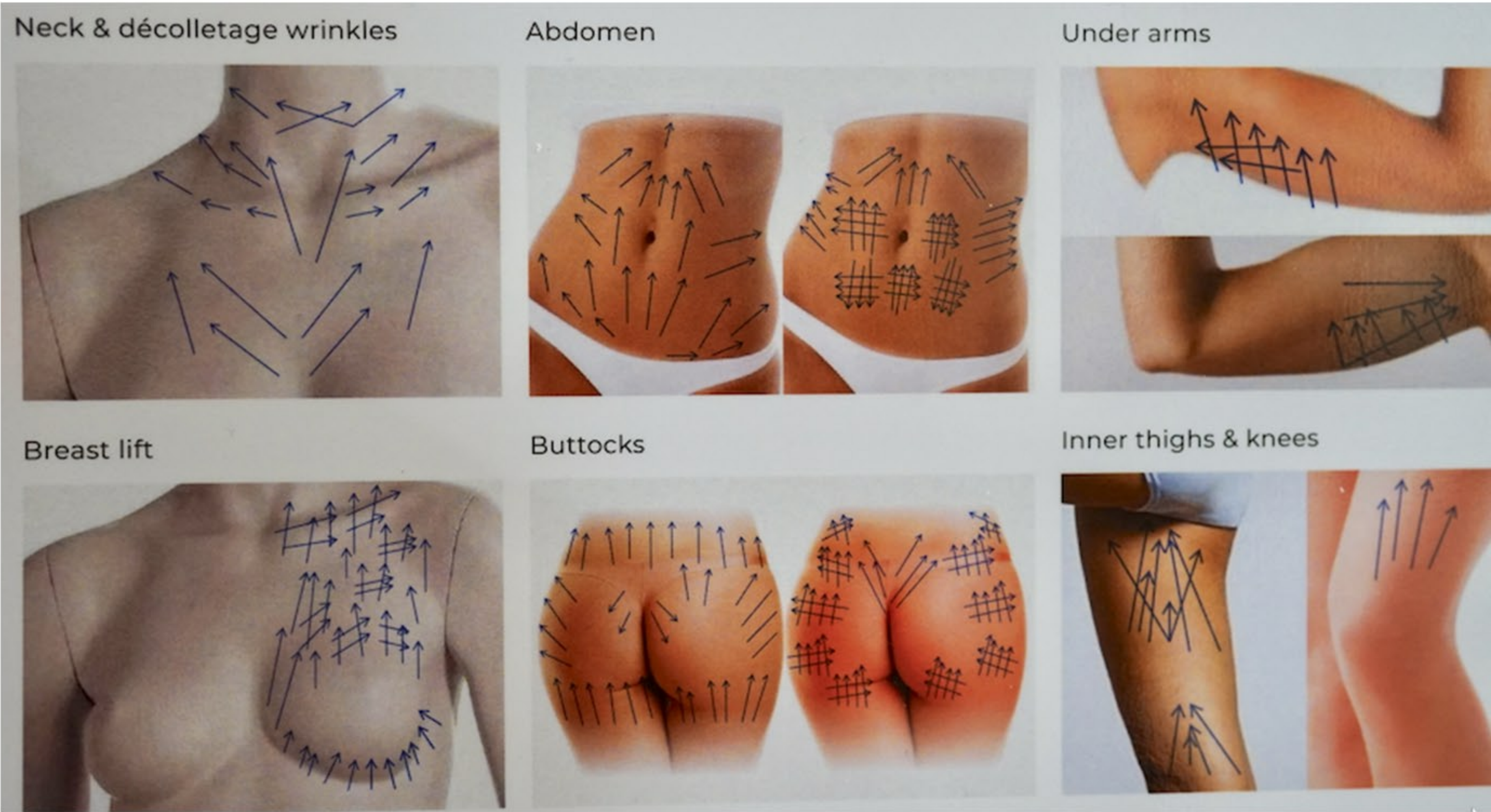
Neck lift

Minor sagging of neck tissues can be significantly improved with neck thread-lifting. This tightens sagging neck skin and depending on the thread used, can turn back the clock on neck skin quality. Threads in this area are best used for mild degrees of neck sagging. Those with moderate to severe laxity will be best served by a surgical neck lift.



Body lifting

You name an area, it is likely threads can be utilised to improve sagging skin. This is best for mild degrees of sagging. While outside the scope of this e-book, the following image provides an idea of what is possible for thread body-lifting.



5) Safety and aftercare of thread-lifts

Compared with traditional facelifts and dermal fillers, In experienced hands thread-lifts are safe and effective.

Mild swelling and bruising are not uncommon with threadlifting and will resolve in hours to days in 95% of cases.

Other potential but rare side effects that are usually easily managed are:

- Infection – less than 1:1000
- Asymmetry (mild)
- Skin puckering or depressions
- Damage to underlying structures

Newer threads have significantly decreased the risk of many complications initially seen when threadlifts first hit the market decades ago.

Attending to the appropriate aftercare instructions is vital in protecting your threadlift investment.

Some general aftercare for threads includes:

- Avoid pressure on the face
- Avoid excessive laughter and excessive facial expressions ofr at least 24 hours post treatment
- Avoid sleeping on face
- Avoid alcohol for 48 hours post treatment
- Soft foods for 48 hours
- No strenuous exercise for 10 days post treatment (light walking is fine)
- No sauna or steam rooms for 10 days post treatment
- Makeup should be avoided for 24 hours post treatment

Bruising, swelling, a tight sensation and some discomfort are normal post treatment.