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M E D I C A L . S U R G I C A L . A E S T H E T I C

## **Threadlift**

### **What is a Threadlift?**

Threadlifts are a non-surgical way of creating lift in soft tissues in the face which may have descended with time. Threadlifts have been steadily increasing in popularity in recent years because although the effects are less dramatic, they are cost-effective, minimally invasive and incur fewer risks and shorter downtime compared with surgical facelifts.

Threadlifts can be repeated as required and may be combined with other therapies for optimal results.

### **What does Threadlift treatment involve?**

A small amount of local anaesthetic is injected into several sites on the face. The face is then cleaned thoroughly with antiseptic solution. The threads are inserted through the anaesthetised skin and adjusted to create lift. Once the threads have been placed on both sides they will be adjusted to achieve the best possible symmetry, then the ends are trimmed away.

### **On the day of Threadlift treatment**

The face should be cleansed and no further lotions, creams (including SPF) or make-up should be applied.

### **Following Threadlift treatment**

There will initially be small indentations at the sites where the threads have traversed the skin and some puckering of the lifted skin. This usually resolves within a week. It is normal to feel the occasional “pinging” sensation as the tissues slip slightly over the thread before it becomes secure. It is important to be mindful in the first week to limit significant movements in the face; laughing, smiling broadly and chewing can encourage the tissues to slide back over the thread and reduce the beneficial effect. It is advisable to sleep on your back and preferably propped up with a several pillows for the first week.

### **Risks**

Bleeding

Bruising

Infection

Allergy

Damage to deeper structures

Asymmetry

Thread breakage