



## THREADING (PDO threads, Spiral threads, Broom or YKO threads, Silhouette or soft threads; Aptos threads)

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**Duration of results:** Around 18 months

**Recovery from treatment is:** 2 - 4 days

**Risks and Complications:** Medium

**Anesthetic:** Injected

**Procedure duration:** 15 – 20 minutes

**Specialist:** Dr. Zak

**Back to work:** The same day/The next day

### Why threading?

Threading is a less invasive/non-surgical alternative to surgery (a face lift). As we age, gravity takes its toll on our skin. Sagging, drooping, and wrinkles occur over time. Many people find this aesthetically unappealing and desire to look youthful again by re-tightening the skin. The problem is that there haven't been many options other than a surgical face lift, until now. With threading, the results are slightly more subtle and natural, the procedure is ten times simpler, and after the implementation of the threads, the skin experiences an increase in the production of natural collagen. Not only can threads be used to lift the face, but to aesthetically alter the face in other ways as well. From lifting the eye brows, cheeks, and neck, to threads placed in the nose to straighten or lift it, to threads made for the lips to bring in volume, with this new advancement in the industry patients have so many more options to look younger and be happier in their own skin.

### The different types of threads:

- **PDO threads (for cheeks and face lift)**
  - PDO threads are used to tighten the sagging skin by the implantation of a very thin thread that is made of polydioxanone. This thread is absorbable and can be compared to sutures that are used in various medical procedures. These particular threads are generally used for the cheeks, eye brows, and neck area.
- **Aptos spiral threads (for lips)**
  - The Aptos spiral threads are used to shape and volumize the lips



- **Broom or YKO threads (for nose)**
  - The broom thread is used as an alternative to a surgical rhinoplasty. Sometimes this thread is used alongside the injection of hyaluronic acid (filler) to complete the non-surgical rhinoplasty, this is of course dependent upon the patient and their specific needs. This thread is specially designed to help define and shape the nose.
- **Aptos thread lift (for cheeks, neck and face lift)**
  - The silhouette threads are inserted into the cheeks, or brow, and are used to tighten the skin and treat sagging and drooping. The thread is absorbable into the skin and encourages natural collagen production over time.
- **Silhouette or soft threads (for cheeks and face lift)**
  - The silhouette threads are inserted into the cheeks, or brow, and are used to tighten the skin and treat sagging and drooping. The thread is absorbable into the skin and encourages natural collagen production over time.

#### Pre-treatment instructions: ...

- Avoid anti-inflammatories for a couple days before treatment
- Avoid alcohol for 48 hours prior to treatment
- It is recommended that you do not take supplements including: primrose oil, vitamin C and E, garlic, and ginko before treatment

#### Post-treatment instructions:

- Avoid anti-inflammatories for a few days after treatment, Paracetamol can be taken if needed
- Avoid extreme temperatures for 7 days
- Avoid alcohol and anti-coagulants for 7 days as it can increase bruising and swelling
- You may gently wash the area but do not apply excessive pressure, rub, or massage for 2 weeks after treatment
- Avoid strenuous activity and intense exercise for 7 days after treatment
- Avoid sleeping on the area treated
- Do not practice strenuous facial expressions, overstretch the area, or open mouth widely for up to 4 weeks after treatment
- Do not have laser therapy or heat treatments near the area for 10 weeks

## FAQ:

What is the cost?

+/- R1k per thread.



### How does threading work?

Firstly, an anesthetic is injected into the skin to prepare for the actual threading procedure. For the actual procedure, a cannula containing a very fine absorbable polydioxanone thread is inserted into the skin. This thread creates a slight tension in which the skin reacts by tightening and lifting. The suture-like threads being placed under the skin then cause the body to have a reaction to produce natural collagen in a self-healing manner.

### What should I expect from the procedure?

You can expect a more youthful appearance that will last you 2 – 3 years, as well as increased natural collagen production. Many people who have the procedure claim that it is like they looked in the mirror at themselves from 10 years ago, and they love it. This procedure isn't only performed to treat symptoms of aging, but it is also used to shape and contour the face in more aesthetically pleasing manner. The procedure itself is generally painless and only takes from 15 to 20 minutes, depending on the amount of threads implemented.

### How do PDO threads dissolve?

The PDO threads are a synthetic fiber material that are made of polydioxanone. They are very similar to sutures that are used in various medical procedures. Over time they dissolve into the skin just as would medical sutures used, while the results stick around for a few years. These sutures stimulate collagen and elastin synthesis that embody the threads in the skin.

### What does it feel like?

Many patients claim that the procedure itself is painless. Very shortly after the threads are implemented, the patient may feel a bit of a "pulling" or a tightness, but this sensation will quickly fade.