Thread lifting

**Thread lifting**, also known as a **thread lift** or **suture lift**, is a minimally invasive cosmetic procedure designed to **lift and tighten sagging skin** on the face and body. It uses **dissolvable sutures (threads)** made of materials like **polydioxanone (PDO)** or **polylactic acid (PLA)** to lift and support the skin while stimulating **collagen production**. This procedure provides a subtle, natural-looking lift with minimal downtime, making it an attractive alternative to more invasive options like a traditional facelift.

**How Thread Lifting Works**

The threads used in a thread lift are strategically placed under the skin using a fine needle or cannula. Once inserted, these threads provide an immediate lifting effect by **repositioning sagging skin** and **tightening the treated area**. Over time, as the body naturally absorbs the threads, they stimulate the production of **collagen**, which helps improve skin elasticity, texture, and firmness. The results are both **instantaneous** and **progressive**.

There are different types of threads used depending on the desired results:

* **PDO Threads**: Made from polydioxanone, these are the most commonly used threads and are known for their safety and collagen-boosting properties. They typically dissolve within **6 months**, but the lifting and tightening effects can last up to **12-18 months**.
* **PLA Threads**: These threads are made of polylactic acid and take longer to dissolve (about 12 months). They offer longer-lasting results compared to PDO threads, as they induce more collagen production.

**Common Areas Treated with Thread Lifting**

Thread lifting can be performed on several areas of the face and body, including:

* **Face**:
  + **Jawline** (to lift sagging jowls and define the jawline)
  + **Cheeks** (to restore volume and lift the mid-face)
  + **Eyebrows** (to achieve a brow lift and open up the eyes)
  + **Nasolabial folds** (to reduce deep smile lines)
  + **Neck** (to tighten loose skin)
* **Body**:
  + **Neck and décolletage** (to tighten sagging skin on the neck and chest)
  + **Arms** (for mild sagging or crepey skin)
  + **Abdomen and thighs** (to firm and tighten loose skin)

**Benefits of Thread Lifting**

1. **Minimally Invasive**: Thread lifting is a non-surgical alternative to a facelift. The procedure involves small incisions or no incisions at all, and it can be done under local anesthesia, reducing the risks and complications associated with surgery.
2. **Immediate Results**: Patients see an immediate lifting effect after the threads are inserted, with further improvement over the following months as collagen production increases.
3. **Natural-Looking**: The results are typically subtle and natural-looking, enhancing the contours of the face without the "pulled" or overdone appearance that can sometimes occur with surgical facelifts.
4. **Collagen Stimulation**: The threads stimulate the body’s natural healing response, encouraging collagen production, which helps to restore youthful firmness to the skin over time.
5. **Short Recovery Time**: Unlike a surgical facelift, which requires significant downtime, most patients can return to normal activities within a few days after a thread lift. Some mild bruising, swelling, or discomfort may occur, but these typically resolve quickly.
6. **Long-Lasting**: While not as long-lasting as a surgical facelift, the results of a thread lift can last **1-2 years**, depending on the type of threads used and the patient’s skin quality.

**Procedure Overview**

1. **Consultation**: A consultation with a qualified aesthetic professional is essential to determine if thread lifting is the right procedure for your goals. The provider will assess skin laxity, facial structure, and expectations.
2. **Preparation**: Before the procedure, local anesthesia is applied to numb the treatment area. This ensures the process is comfortable and pain-free.
3. **Thread Placement**: The provider uses a fine needle or cannula to insert the threads under the skin. The threads are placed in a specific pattern to lift and reposition sagging tissue. Once inserted, the threads are gently pulled to achieve the desired lift, and any excess thread is trimmed.
4. **Collagen Stimulation**: As the threads dissolve over time, the body’s healing response triggers collagen production, which helps to maintain the lifting effect and improve skin quality.
5. **Aftercare**: Most patients experience minimal downtime, but it’s recommended to avoid strenuous activities, facial massages, or excessive movement of the treated area for a few days. Mild swelling, bruising, or discomfort may occur but typically resolves within a week.

**Thread Lifting vs. Other Procedures**

* **Thread Lift vs. Facelift**: A **facelift** offers a more dramatic and long-lasting result (up to 10 years), but it is a surgical procedure with greater risks, scarring, and a longer recovery period. A thread lift, by contrast, is less invasive, has minimal downtime, and provides a more subtle result lasting 1-2 years.
* **Thread Lift vs. Dermal Fillers**: Dermal fillers provide volume and can help lift certain areas, but they do not offer the structural support or lifting effect that threads can provide. Threads physically lift and reposition the skin, whereas fillers only add volume beneath the skin.
* **Thread Lift vs. Lanluma**: **Lanluma** stimulates collagen and tighten skin non-invasively, without any threads or incisions. It’s a good option for patients with mild to moderate sagging, but the results are more progressive and do not have the immediate result threads give.

**Who Is a Good Candidate for Thread Lifting?**

Thread lifting is ideal for patients with **mild to moderate skin laxity** who are looking for a **subtle lift** without surgery. Ideal candidates:

* Are typically aged **35-55** with early signs of sagging.
* Want to address **mild sagging** in the face, jawline, or neck.
* Are not ready or willing to undergo a surgical facelift.
* Prefer a treatment with **minimal downtime**.
* Have **realistic expectations** about the outcome, understanding that thread lifting offers a more subtle, natural result than surgery.

**Recovery and Aftercare**

* **Immediate recovery**: Most patients can return to their normal activities within a day or two. You may experience some mild swelling, bruising, or discomfort for a few days.
* **Post-procedure care**: Avoid strenuous exercise, facial massages, and exaggerated facial movements for about a week to prevent displacing the threads. Sleep on your back to avoid pressure on the treated areas.
* **Full results**: The lifting effect is visible immediately, but optimal results appear over 1-3 months as collagen production increases and the skin continues to tighten.

**Risks and Side Effects**

Though thread lifting is minimally invasive, there are some potential side effects:

* **Swelling and bruising**: Common but temporary, typically resolving within a few days.
* **Asymmetry**: If the threads are not placed symmetrically, minor asymmetry may occur, but it can usually be corrected.
* **Infection or irritation**: Rare, but possible. Following proper aftercare instructions reduces this risk.
* **Thread migration or visibility**: In some cases, the threads may become visible or palpable beneath the skin, but this is uncommon with experienced practitioners.

**Results and Maintenance**

* **Duration of results**: Results typically last **1-2 years**. Over time, as the threads dissolve, the skin gradually returns to its original state. Many patients choose to undergo maintenance treatments every 12-18 months to prolong the effect.
* **Combination treatments**: Thread lifting can be combined with other treatments like **Botox**, **dermal fillers**, **laser treatments**, or **Lanluma** to enhance the overall anti-aging effect.