

## What is the Threadlift™ ?

The ThreadLift™ procedure is a non-surgical, no scar facelift performed using tiny surgical sutures or threads (called prolene sutures) to lift and support the droopy elements of the brow, cheeks, face and neck. Some threads have tiny "barbs" on each end that will grasp on to and lift the droopy soft tissue. The threads are inserted under the skin in precise locations using a small hollow needle. The inserted thread is then able to grasp onto the droopy fat and soft-tissue with its tiny barbs, which is then lifted and repositioned into a more vertical and youthful position. With the lift effect secured, the hollow needle is removed (no scar), the end of the thread is cut off very short where a loop is tied securely and the knot cut, allowing it to retract deep under the skin where it cannot be felt or seen.

The threads used during the ThreadLift™ procedure stay within the deep fat and subcutaneous tissue forever, as they are non-absorbable and provide support and prevention against further aging.

## Is the Threadlift™ safe?

When performed by a certified physician, with experience, The ThreadLift™ procedure is very safe. The risks and complications of the ThreadLift™ are uncommon and usually correctable. The threads themselves are very safe. The actual ThreadLift™ sutures are the same threads that are used in brain, heart and abdominal surgery all the time that are then modified by creating tiny barbs. The prolene ThreadLift™ sutures are inert and non-reactive and are designed to stay inside the body for life with little risk of reacting. In the rare event of a tissue reaction, the ThreadLift™ sutures can be removed. Because the ThreadLift™ is generally performed under local anesthesia, there are none of the risks associated with general anesthesia.

## What Aging areas can be treated by the ThreadLift™?

In properly selected patients, droopiness of the brows, cheeks, jowls and neck can all be lifted and improved with the ThreadLift™ procedure. You may elect to do your ThreadLift™ on a single zone, or multiple zones and include the droopy brow, cheek, jowl and neck.

## What Results might I expect from the ThreadLift™?

The ThreadLift™ effects are immediate. The lift effect can be 50-70% of what a surgical facelift procedure could achieve. During the time of your consultation, your ThreadLift™ physician will demonstrate in the mirror, the relative amount of lift that the ThreadLift™ procedure will likely deliver. The ThreadLift™ can also be combined at the same time with other surgeries, such as blepharoplasty (eyelid surgery), open face or neck lifts, fat injections, neck or chin liposuction, botox or injectable fillers.

## Do I need to go to sleep? How long will the ThreadLift™ take to perform?

The ThreadLift™ is most commonly performed under local freezing and does not require general anesthesia or intravenous sedation (although sedation or anesthesia may be available upon request, you must discuss this with your ThreadLift™ physician). The ThreadLift™ usually takes less than 60 minutes to complete and patients are able to go home soon after the procedure, although a driver or cab is recommended.

## What is the ThreadLift™ recovery like?

Like all needle based facial treatments (botox or fillers), there is a risk of swelling and bruising. Pain and discomfort is very minimal and most patients can apply make-up the next day and resume quiet activities. There are some special protective measures and instructions that

patients must follow for 3 weeks to avoid trauma and disruption of the threads, which might compromise the lift effect achieved.

### **When can I return to work and activities?**

Depending upon your job and your tolerance for some minor bruising and swelling, you may be able to return to work the day following the procedure, wearing makeup. Facial animations, mouth movements and rubbing or pressure on the face should be avoided during the first 3 weeks following your ThreadLift™. Most ThreadLift™ patients look good in makeup the next day and good without makeup after 3-4 days.

### **Am I a good candidate for a ThreadLift™?**

Good ThreadLift™ candidates have droopiness of the brows, cheeks, jowls and/ or neck and realistic expectations. Patients should not be too heavy or too thin, should be medically well and not be on blood thinning medication. The best ThreadLift™ candidates desire a quick, risk diminished lift effect and do not want the scars, risks, recovery or expense of surgery.

### **How long will my ThreadLift™ last?**

Most ThreadLift™ results will be pleasing and noticeable for 3 –5 years. However, because the threads do not dissolve, the ThreadLift™ procedure continues to retard or prevent further droopiness for many years. Having a ThreadLift™ does not compromise your ability to have a subsequent facelift, browlift or necklift procedure. Although the ThreadLift™ procedure may be repeated in 3-5 years, most patients will elect to proceed on to cosmetic surgery and open lift procedures after the ThreadLift™ effects have diminished.

### **Are there any other treatments that may enhance or preserve my ThreadLift™ effect?**

Many certified ThreadLift™ physicians offer non-invasive outpatient treatments that enhance or protect the ThreadLift™ effect. These adjunctive ThreadLift™ procedures include the FotoFacial RF®, Botox®, Soft Tissue Fillers, LipoLite™, FotoFirm™, Pan G®, MyoFacials™, ThermoLift™ and laser treatment.