

## WHAT ARE THREADS?

Threads are absorbable PDO (polydioxanone) surgical sutures inserted under the skin to create a smoothing, filling, or lifting effect.

## HOW DO THEY WORK?

*SMOOTH* threads are single fine threads placed in cross hatched patterns to build surface collagen.

*FILLING* threads shaped as screws or brooms create volume in treated areas such as the lips or tear troughs.

*LIFTING* threads have fine barbs that create a subtle alternative to a face, neck, or eye lift.

## WHO IS A GOOD CANDIDATE?

- The ideal candidate for threads either has sufficient natural collagen or has undergone treatment to build and enhance one's baseline collagen that can then grow and wrap around the threads.
- In addition to laser and other rejuvenating procedures, smooth and filling threads can often be used to build up baseline collagen.

## WHO IS NOT A GOOD CANDIDATE?

- Anyone who would better benefit from a surgical procedure that can remove excessive skin.
- Anyone who is on and cannot withhold their blood thinner for at least 1 week.
- Anyone with a known allergy to synthetic monofilament sutures.

## HOW LONG DO THEY LAST?

Threads are designed to dissolve in 6-12 months and create a "lattice" for your own collagen to grow around. Like fillers, initial results can last up to 1 to 2 years but unlike fillers the more treatments that are done, the more collagen is laid down to potentially created long lasting results in the form of thicker, firmer, and stronger collagen

## WHEN CAN I EXPECT RESULTS?

- Results can be seen immediately following the procedure although post treatment swelling can temporarily obscure the results until the swelling resolves in 1-2 weeks.
- At 3-6 months as one's own collagen begins to form around the threads, improvement in skin texture and tone can begin to be seen.

## DOES IT HURT?

Local numbing and pronox is safely used to avoid mild discomfort with lifting threads.

## IS IT SAFE?

- Threads are very low risk because of how non-invasive they are.
- Dr. Tull only uses threads cleared for use in the U.S. by the FDA
- As a cosmetic and skin cancer surgeon with over 20 years of experience, Dr. Tull is familiar and comfortable with facial anatomy and knows how to optimize results and minimize potential complications.

## WHAT ARE THE RISKS?

- Expected side effects include temporary mild swelling, bruising, and tenderness at the treatment sites.
- Pre and post treatment with Arnica Montana can help to minimize swelling and bruising.
- If the skin is too thin, threads can sometimes protrude or create minor bumps that can be corrected in a simple 5-minute procedure.
- Rarely, local allergy, asymmetry, thread protrusion, or infection can occur.

## ARE THERE ANY RESTRICTIONS I SHOULD KNOW ABOUT?

- Avoid alcohol and stop smoking at least 1 week prior to and 3 days after your procedure.
- Stop any blood thinners such as Advil (ibuprofen), Aleve (Naprosyn), and any aspirin at least 1 week prior (Tylenol/acetaminophen is OK).
- After treatment, patients need to avoid heavy exercise and sweating for 1-2 weeks.
- Do not schedule any dental appointments for 1 week after your procedure.
- Do not undergo any procedures in the same area for 4 weeks after.

## ARE THREADS EXPENSIVE?

Treatment with threads is very affordable and comparable to other non-invasive cosmetic procedures. The cost is determined by the type and number of threads used, as well as the area(s) treated.

