

## Thread Lifting (Silhouette Soft and Aptos)

Thread lifting is the state-of-the-art method of lifting the facial skin. Within a few minutes, without a scalpel and incisions, your face will become young and fresh again. This means that the traditional facelift is no longer necessary.

The idea is simple and ingenious: special threads with tiny hooks are inserted under the skin, where they are fixed. Then, by pulling the thread, you can lift and tighten the entire face area. The volume returns to the middle facial part, your lowered eyebrows rise up again and the corners of the mouth are no longer droopy. The treatment is provided under local anesthesia and lasts for several minutes. The intervention is painless, and you can return to work immediately after the treatment.

Thread lifting with **Silhouette Soft** or **Aptos** combines the effect of lifting and collagen synthesis. Threads are made from polylactic acid and gradually dissolve after a few months. This stimulates the connective tissue to form collagen, the skin is fixed in new places, and the volume is replenished. Such mechanisms cause part of the result to become visible immediately (the "lifting effect"), while the face will continue to improve over weeks and months. This effect lasts for about two years, before the result begins to gradually fade away. And even then, the patient will look much better than before the treatment. You will never return to the initial (the worst) condition.

**Silhouette Soft** and **Aptos** are recommended for lifting the cheeks, corners of the mouth, nasolabial fold, middle facial part, neck, and eyebrows. Upon request, it is possible to simultaneously fill the face with filling materials (Radiesse™) or hyaluronic acid).

### Advantages of thread lifting

- Immediately visible lifting effect
- No incisions, only tiny needle punctures: no scars.
- Completely painless intervention under local anesthesia. No general anesthesia!
- Patients are free to leave immediately after treatment.
- Very rare side effects (compared to a traditional facelift).
- Rapid healing
- Additional effect due to the formation of new connective tissue

### Risks and Side Effects

During thread lifting, as well as with any surgical intervention, side effects may occur, which, however, are very rare. Small puffiness and bruises are common, but they can be immediately covered up with cosmetics. There may be complaints of a feeling of tension or burning (extremely rare), redness, inflammation of the treated areas (extremely rare, because an antibiotic is taken for preventive purposes), reactions of intolerance to the material used (extremely rare). Getting an uneven or an undesired result is also extremely rare, yet this is always easy to fix.

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## Procedure

Before starting any treatment, a detailed consultation is carried out. Here, the patient's desires are weighed against the possibilities of the method and the expected results are "outlined". In this way, the patient will be able to more or less imagine what their face will eventually look like. It is often necessary to supplement thread lifting with other methods of treatment (for example, botulinum toxin or fillers). As part of a free consultation, you can accurately calculate the cost of intervention.

On the day of the intervention, the patient should be ready to spend 2 hours of their time in the clinic, while the procedure itself takes about 30-60 minutes. The remaining time will be needed for preparations and post-treatment. It is recommended to cool the treated area while at home.

## Post-Treatment Recommendations

- In the first weeks after the procedure, please avoid any dental treatment.
- Avoid strong facial expressions in the treated area (for example, beaming smiles)
- Avoid facial massages and beauty treatments.
- Sleep mostly on your back.