

Abstract

Title: Combination treatments with threads

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Aging is a result of changes in the skin, adipose tissue, muscles, and bones. Aesthetic address of all these changes, hence, is a must to achieve long lasting and best possible outcomes of the treatment interventions, in facial as well as extra facial indications.

Face rejuvenation and soft tissue 'lift' has traditionally relied upon the use of botulinum toxin and fillers. In recent years, threads have been used for these indications too. However, for an optimal and harmonious tissue repositioning of the facial skin a combination approach with the available modalities of botulinum toxin, fillers, threads, and even energy-based devices is a must. Combining these modalities is an attempt to deliver a structured approach for best results and some or all of these approaches may be needed in any one individual.

Consensus recommendations combining different approaches are limited and every case needs to be assessed and recommended treatments based on our intended end point.

Spacing out the treatment modalities while respecting gender aesthetics and ethnic beauty indices, it is generally recommended to use energy devices first followed by toxin, fillers and threads. In some cases different types of threads may also be combined.

Toxins take precedence to fillers and threads, while fillers and threads may be interchanged based on the predominant aging pattern of the face namely ptotic, hypertrophic, hypotrophic or their combinations.

Threads deliver best results when combined with toxins for static lines, infraorbital wrinkles and furrows, jaw contouring, eyebrow shaping and skin rejuvenation. They are best suited for ptosis with hypotrophy, shaping and contouring, nose correction and jaw line contouring when combined with fillers. Combination with energy devices is useful both in facial and extra facial indications. Here too threads are the last layer of intervention

I shall in my talk be presenting known recommendations as well as my approach to combinations treatments using the above modalities to deliver the best possible outcome on the face, abdomen and extremities with an aim to give long lasting results.