

Practical technique of thread lifting according to differing facial contour types

Soo-Yeon Park

Dept. of Plastic Surgery, MadeYoung Plastic Surgery Clinic, Republic of Korea

Corresponding author's e-mail : sy-jumsim@hanmail.net

Facial analysis in patient evaluation is as significant as thread selection when performing a thread lift procedure. The pre-operative analysis should include the patient's facial shape, such as facial width, length, malar region convexity, mandibular heights and horizontal length. It is important to make up for the defects of the patient's original facial shape and to make use of the patient's strengths through the procedure.

An oval face has long been regarded and accepted as the female ideal due to its balance and symmetry in East Asia. Thus, the purpose of the thread lift procedure is to complement the somewhat round or long face shape with an ideal ratio. At the same time, the thread must have appropriate tensile strength, anchoring ability, and biocompatibility; if the barb is simply deep, the core thread becomes thin, leading to the reduced efficacy. An ideal thread provides tissue holding with sufficient tensile strength and appropriate anchoring strength until biodegradation in a biocompatible manner. One has to keep in mind that the thread properties may vary depending on the modulus even within the same PDO thread. Young's modulus, also called as elastic modulus, is a coefficient that indicates how the relative length of a material with elasticity changes with respect to stress. In other words, if the Young's modulus is high even in one thread of the same composition, it means that the material is hard and incompressible and has high restoring force. Taken altogether, it is necessary to choose a thread with a modulus that has an appropriate lifting effect and does not cause a large foreign body sensation.

The adverse reactions of thread lifts are generally controllable, leaving no need to worry. Of course, active management and early intervention might help deal with side effects. Taking actions at the beginning with appropriate measures leads favorable outcome, leaving no serious problems behind. Prior to the procedure, it is recommended to design through sufficient consultation on what kind of results will be gained, and choose a thread that is stable since various threads are on the market nowadays. In addition, since each thread has its own characteristics, it is absolutely important to increase the understanding of the thread.

A highly satisfactory result can be obtained if a thread lift procedure is performed according to the patient's facial shape with each characteristic of the lifting thread being identified and used appropriately.