

What is the PDO Thread Lift?

The *PDO Thread Lift* is a treatment which lifts and tightens sagging skin tissue, using threads made of Polydioxanone (PDO). The threads introduces them into the deeper layers of the skin. Once introduced, the threads produce 3 effects in the skin:

- **Instant Skin Lifting** through mechanical effects
- **Cellular Renewel**, through **Collagen stimulation**, and **neovascularisation** to improve skin texture, fine lines and elasticity
- **Skin Tightening**, by contracting fat tissue

What to expect after?

About 6 months after the procedure, the PDO threads will disappear through simple hydrolysis (they are absorbable). The lifted facial contours will remain for about 3-6 months more, due to the **cellular rejuvenation effects**. Your skin cells are stimulated to produce new collagen, and new blood vessels to improve skin microcirculation. At the same time, the PDO threads cause the fat tissue to contract, producing a skin tightening and facial slimming effect.

Depending on the areas treated, the procedure takes 15-30 minutes. There is some discomfort during the procedure, but because of the improved techniques, patients are experiencing less and less pain.

Is PDO Safe? What are the Possible Side Effects?

This treatment is surprisingly safe. Compared to fillers, the side effects are, in fact, much milder. Because PDO threads are inserted via needles and not surgery, and are absorbed in 6-8 months, many of the side effects associated with older thread lifting procedures, such as infection and thread breakage are also minimised.

Depending on the types of threads used and areas treated, bruising may or may not occur. Expect some mild swelling and soreness for 3 to 5 days after the procedure, and a sensation of tightness (mild) of up to 2 weeks. Temporary mild dimpling of the skin can also occur – an resolves in a few days.

The list of possible side effects from a PDO thread lift procedure include:

Possible Side Effects From PDO Thread Lift

Common but Mild	Technique Related	Serious but Rare
Swelling	Prolonged skin dimpling	Infection
Soreness	Surface depression	Granuloma (hard nodule)
Bruising	Migration of threads	Parotid duct fistula (damage of salivary gland)
Temporary skin dimpling	Extrusion of threads	Nerve damage
Asymmetry		

What Do I Need to Take Note of Before and After The Procedure? Like other treatments involving injections, avoid alcohol, supplements such as Vitamin E, Omega Fish oils. Avoid going to the steam room, sauna, and engaging in heavy exercise such as High Intensity Interval Training (HIIT).

Following 2 weeks after the PDO Thread Lift, you are also discouraged from undergoing any dental treatment (which requires you to open your mouth excessively.)

You are also advised to sleep on your back to allow the swelling to subside and to avoid the putting pressure on the face that might cause misalignment of the threads. I give the option of some simple taping on the face to ensure the best results.

How is the Treatment Designed?

PDO threads can be used for lifting, rejuvenation (improving skin texture and wrinkles), volumising, and even reducing fat. Different threads are used for different purposes. Every doctor's technique is different, and the possibilities are endless.

What Areas Can Be Treated with PDO Thread Lift?

The PDO thread lift is very versatile, allowing practically all areas of the face to be treated, including the:

- Undereye area
- Eyebrows
- Crow's feet (wrinkles around eyes)
- Cheeks
- Nasolabial folds
- Naso jugal folds
- Wrinkles around mouth
- Jaw line
- Jowls

- Neck.

What Results Can I Expect After The Treatment? How Long Do They Last?

Your skin is immediately lifted after a PDO thread lifting procedure, as the threads provide support to lift skin in its new position. You may look slightly tighter than the final result, but in about 1 week, you will begin to look much more natural.

The rejuvenative effects kick in after 1-2 months – you will notice better skin texture, firmer and smoother skin. Your doctor may concentrate more on either skin rejuvenation, or skin lifting during your procedure. Depending on the technique and which is used, the results will vary from person to person.

In about 9 months after the treatment, the threads would have dissolved, but the results will still continue for many more months. I recommend repeating the procedure 6-9 months after the first procedure, to allow for a long lasting result of up to 3 years.

Who is Suitable For a PDO Thread Lift?

The *PDO Thread Lift* is an effective non-surgical facelifting treatment that is suitable for anyone looking to improve the appearance of sagging skin. This treatment is suitable for someone who is willing to undergo some injections, and who want to attain an **immediate lift** of the facial contours without undergoing a facelift surgery. It is best suited for men and women who are unwilling to tolerate the long downtime of a facelift surgery but want to look refresh and lifted – naturally.