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# THREAD LIFTS FOR FACIAL REJUVENATION (SILHOUETTE SOFT)

**The aim of this information sheet is to ensure that you understand the nature of the treatment you wish to undertake. Please read it carefully and discuss any queries with Mr Banwell or his aesthetic nurse.**

## **What are thread lifts?**

The Silhouette Soft® Thread Lift suture is made of the same material as surgical stitches/sutures (L-Polylactic Acid). They also contain bidirectional cones (which help secure repositioned tissue under the skin) made of Lactide Glycolide; these are totally biocompatible and biodegradable. Each suture is painlessly inserted into the subcutaneous tissue, followed by elevation of the skin and subcutaneous tissues over the cones; this allows compression and traction and creates an immediate lift and re-definition of the tissues.

Furthermore, the Polylactic Acid formulation helps stimulate the fibroblasts in the local subcutaneous tissues which then leads to gradual collagen regeneration and an important delayed secondary lifting effect.

## **How long have thread lifts been in use?**

Thread lifts have been used in medical practice for well over a decade although early designs were associated with a high complication rate. This latest generation design has made the insertion much easier as well as giving better results and a low complication rate. Mr Banwell's preference is to use the market leading Silhouette Soft™

## **How safe are thread lifts?**

In appropriate hands, thread-lifting procedures are usually very safe with a low complication rate.

## **What happens during treatment?**

The procedure is performed under a local anaesthetic. Mr Banwell will inject at all insertion and exit points as well as other areas that are required. Following this, the skin will be cleaned again (usually Mr Banwell assistant will cleanse first to remove any remnants of makeup and tie up your hair – bringing in a hair band is very useful) prior to inserting the threads. For optimal facial tissue re-positioning, a 10 thread technique is the latest recommendation but some patients may only opt for a couple of threads each side. The tissues are adjusted and then the thread ends cut. Antibiotic cream is applied.

## **Are there any side effects?**

Side effects of this treatment are rare. Mr Banwell will discuss these with you during your consultation process but include bleeding, bruising, micro-haematomas, infection, ruckling, dimpling, palpability of cones, visibility. Please note that thread-lifts do not constitute a face lift and as such will produce subtle freshening of the face by repositioning tissues.

## **Important Notice**

*Mr Banwell strongly advises you stop smoking prior to surgery as this can affect the outcome of surgery and increase complication rates. Nutritional supplements, anticoagulant medication and blood thinners (eg. aspirin and brufen) all increase the risk of bleeding and should be stopped prior to surgery unless otherwise instructed.*