

18th Global Dermatology Congress

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Our methods for facial rejuvenation with barbed threads and thread loops and how we manage the common side effects of thread lifts

Introduction: There is a growing popularity in the use threads lifts among the patients. Everyone has right to choose a minimal invasive procedure with less risks for his or her face.

Objectives: Teaching presentation and video demonstration of the authors thread lift and loop lift technique and the treatment of complications according to 15 years experience.

Material and Methods: 142 patients underwent a thread lift procedure alone or in combination with loop lift, temple lift or filling or liposculpture of the face. The midface-cheek portion and the jaws were the mostly treated, in some cases the brows and the necks were lifted also with threads. Special threadlift technique was applied also for the lower lid and used also as a canthopexy by scleral show and ectropion. Patients were informed about the short-term effect of thread lift before the procedure by patient's consent. Patients, who wanted to have long term effect by thread lift were advised performing a mini-lift, endoscopic mini lift or complex facelift. No long term effect was promised for any thread-lift candidates.

Three groups of thread lift applications are presented, as followed: The authors thread lift: The author shows his own thread lift technique using anchored 3-0 PDO barbed threads from the Italian Company ASSUT Europe. According of the authors view any thread lift should be anchored, self holding threads, such as PDO and PLLA threads however are more popular because of the easy way of applying them. The ASSUT thread lifts - called "Filbloc" - are applied just in the subcutaneous layer, deep enough to touch the SMAS for longevity, but superficial enough to shift the skin easily. Moreover not too superficial to prevent "thread streets" and dimples on the skin along the threads. The purpose of skin threads is the shifting the skin in an anti-gravitational, near vertical direction and simulate a real lifting.

Thread loops the author: The thread loops was applied by the author since 2008 and presented from Tokio, Japan till Frankfurt, Germany. These consist from thick polydioxanone USP 1-0. It's a unique technique using a thread guide - a metallic guide, which is half sharp, with which the threads placed deep inside the facial layers. The most used path of the thread is inside the malar fat pad elevating it heavily. Elevating the malar fat pad and the temple just above the malar fat pad by a double loop lifts the whole midface and the jaws effectively as like they were lifted by a face lift. Skin creases as a consequence of effective skin shift arise both by thread lift and loop lift. They can be eliminated by placing of additional threads or by light massage.

3/ Treatment of complications: broken threads, "thread-streets", dimples, skin creases, no-efficacy, inflammation are the most noted complications in thread lift, about those no presentation can be found in youtube or in other populist social media forum. The authors demonstrate their experience treating these side effects also.

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Results: Under the above mentioned requirements of "short term effect" we got a high satisfaction rate from all patients of the efficacy of the lifting. However many patients complained about side effects, which weren't expected some of them. The reason for this is first, that our methods is much different from the commonly used "PDO-Lifting" and "lunch-time Lift" or "happy lift ". These procedures, which are mostly found in YouTube and other web sites by users, are designed for the simplest way of placing barbed threads in the face. During these populist procedures many times only one pair of threads placed in the face, which is ready in few minutes. It looks very simple in websites, LinkedIn, YouTube and Instagram and doctors show themselves as the "winners" for that easy way of "face-lifting". Our demonstration shows a demanding technique of effective anti-gravitational thread lift and loop lift techniques and treating of their complications also. We show both the efficacy and the side effects of thread-lifts, shows the reality instead of populist selected and image edited commercial pictures about "golden thread lift" procedures. Complete non-incision rejuvenation sometimes should be completed with volume restoration for compensation of dimples, tissue loss in the face. Recycling of the own fat from one portion of the body into the soft tissue of the face is an ideal method for this reason, if the procedure is made repetitively. The reposition and anchoring of facial tissues with barbed threads seems to have more efficiency if the threads placed in the special multiple loop form according to the author's method. The technique is even for experienced facial surgeons demanding, presented and can be discussed in workshops.

Biography

Thomas Haffner is a Board Certified Reconstructive, Vascular and Cosmetic Surgeon in Germany. He was trained in the Reconstructive-Plastic Surgery and Senology Section at the Semmelweis University, Budapest. He is specialized in Vascular Surgery and has worked as Department Leader in German clinics. He was a Resident Assistant under Professor Rettinger in Ulm. In 2000, he established his private clinic for vascular-reconstructive and aesthetic surgery in Cologne, Germany. His primary focus is the breast and facial surgery using minimal invasive and endoscopic methods. He invented the innovative vertical scar free reconstructive 3D mastopexy.

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