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## Thread tightening and lifting: An amazing anti-aging approach

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**T**hread tightening and lifting is a novelty in aesthetic medicine used to achieve rejuvenation effect on the face and the body. This new method is based on the implanting of multiple mini-threads in the dermis. After pulling needles out, the inserted suture stay into the skin. These threads made from Polydioxanone (PDO) which are biocompatible, synthetic, absorbable, monofilaments, non-toxic and heavy metal free material threads. PDO threads cause a minimal inflammatory reaction in tissue and stimulates tissue neocollagenesis process, create new elastin and hyaluronic acid. They will be absorbed slowly during 6-8 months into the body safely so continuing effects are expected. Then, it is a simple, safe and effective techniques to counteract the sagging of the soft tissues of the face and the body that caused by aging and it provides anti-aging effects. The needle sizes that utilize for face are 26-30G with bended threads of 5-0, 6-0, 7-0 USP sizes. The entire procedure takes about 1 hour (depending on treatment area), where an anaesthetic cream is applied on the treatment area prior to the procedure. The results are skin rejuvenation and tightening, wrinkles smoothing, improved skin tone and structure, tightening pores by new tissues and lifting of the skin. It means a more youthful skin. These procedures have very short downtime, long lasting results, the least invasiveness, minimal risk of bleeding and minimal side effects. It could be applied anywhere on the body, including nasolabial fold, eye corners, cheeks, double chin, neck, forehead, glabellar fold and parts of body like forearm and abdomen. PDO thread tightening and lifting is for anyone who wishes to reverse aging effects by fixing these problems from the inside. It is suggested to patients whose main symptom is sagging on the face, wanting smaller youthful face, like to restore volume with natural rejuvenation techniques, wishing to look like their previous younger photos and do not wish to undergo invasive surgeries.

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