

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

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.

How is PDO Thread Lift Done?

A *PDO Thread Lift* is a minimally invasive procedure. After numbing and infusion of local anesthesia, the PDO threads are inserted via sharp or blunt tip needles (called cannulas) into different layers of the skin. Once inserted, the threads anchor the skin and lift it upwards. The excess threads are then cut off.

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

Is PDO Thread Lift Safe? What are the Possible Side Effects?

This treatment is surprisingly safe. 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 minimized.

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.

Some side effects are related to the technique of insertion, and the types of threads used. These include surface depressions, thread migration and even extrusion, facial asymmetry, prolonged pain, and prolonged dimpling.

How is the Treatment Designed?

The PDO Thread Lift procedure is designed according to what we want to treat, and which areas we want to concentrate on.

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

The cheeks and lower face, in particular, benefit greatly from the procedure, allowing a lift which is synergistic to other skin lifting treatments such as [Ultherapy](#).

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 rejuvenate effects kick in after 1-2 months – you will notice better skin texture, firmer and smoother skin. Your provider 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. We recommend repeating the procedure 6-9 months after the first procedure, to allow for a long lasting result of up to 3 years.

Which Treatments Work Well With PDO Thread Lift?

The PDO Thread lift can be combined with other treatments such as Ulthera to give a natural lifting result. It works particularly well with bio-stimulating fillers such as Juvederm and Hyaluronic Acid fillers – to provide a comprehensive anti-aging solution which now allows us to turn back the clock for our patients, like never before, without surgery.

What Are the Differences of Thread (PDO, PLLA & PCL). Which is Better?

PDO, PLLA, and PCL are all names of different types of materials. These have been made into threads because they have high tensile strength, and are inert, so that they do not cause problems with excessive inflammation.

The main difference is in longevity, stiffness and tensile strength:

PDO (Polydioxanone) dissolves after 6-9 months

PLLA (Poly L Lactic Acid) dissolves after 12-18 months

PCL (Polycaprolactone) dissolves after 24- 36 months

While PLLA and PCL last longer than PDO threads, the longevity itself could be a double edged sword. Patients often report that PLLA threads feel harder in the skin, with more tightness. This is owing to its [higher tensile strength](#). Theoretically, PLLA threads are a longer lasting alternative to PDO threads. However, more scientific literature is required to understand its efficacy and safety compared to PDO threads.

PCL threads are much newer compared to PDO threads, and reports are beginning to emerge about side effects associated with PCL threads such as increased migration, thread extrusion, and thread breakage. We would stay away from PCL threads until there is more literature supporting its use in non-surgical facial thread lifting. PDO is the safest of all Thread.