

# Thread Placement Maps

**Beginner depth + size cheat sheet included**

Neck • Double Chin • Nasolabial Folds • Oral Commissures • Crow's Feet • Diagram

**GlowLux by Marci**

## Depths (Simple Reference)

- Superficial: intradermal / superficial subdermal (fine, surface lines)
- Mid: subdermal (most common plane for face texture support)
- Deep: superficial subcutaneous (supporting areas with more tissue)

Tip: keep the plane consistent—smooth resistance = same layer.

## Beginner Mono + Screw Sizes (29G / 30G / 31G)

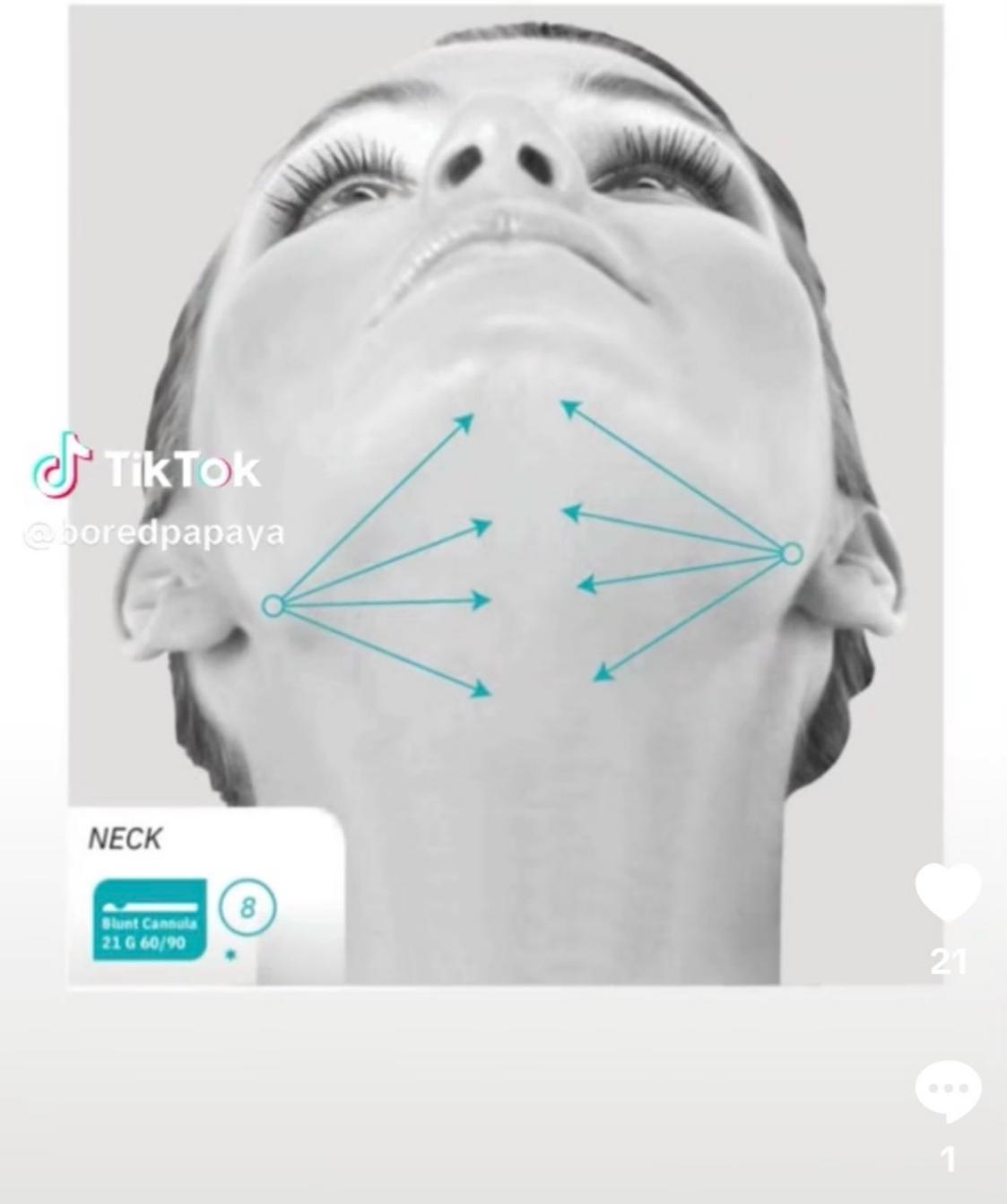
- 31G (12–18 mm): ultra-fine, superficial work (detail areas)
- 30G (18–25 mm): versatile mid-plane support (most beginners start here)
- 29G (25–38 mm): stronger support, larger zones (more “lift feel”)

Mono = texture/skin quality • Screw = subtle volume + pliability

## How Long They Last (Typical)

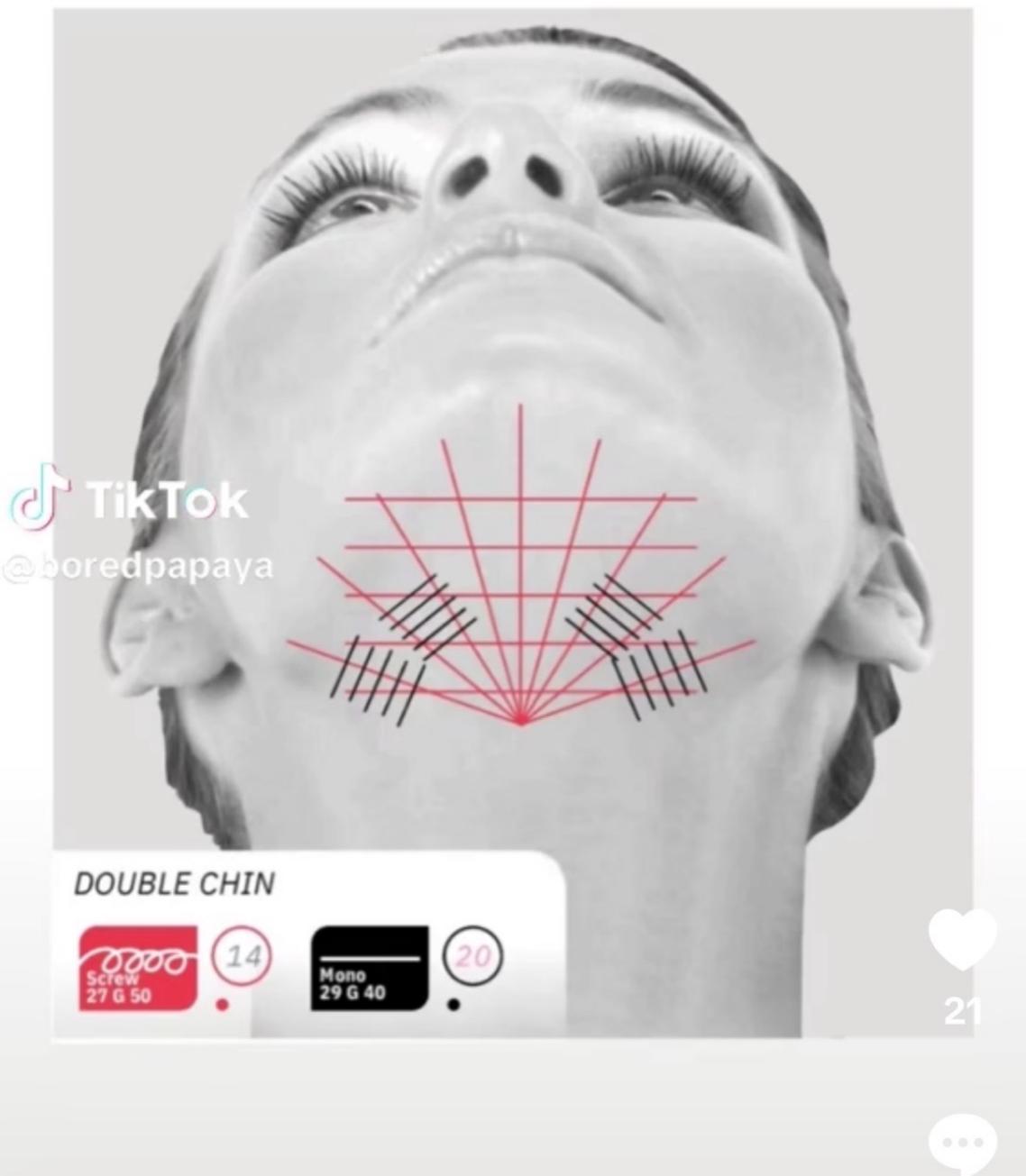
- PDO: up to ~6 months (max)
- PLLA: ~9–16 months
- PCL: ~18 months–2.5 years (some report up to ~3 years)

## Maps NECK

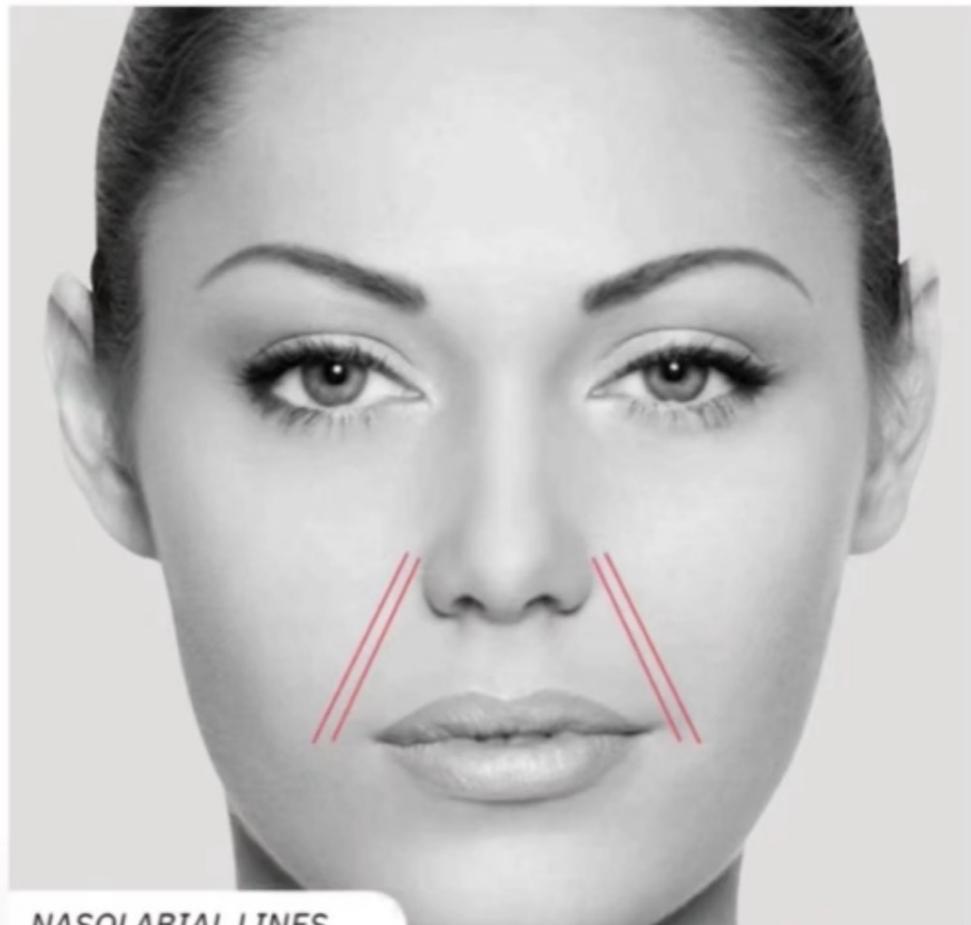


boredpapaya

## Maps DOUBLE CHIN



*Maps*  
NASOLABIAL FOLDS



NASOLABIAL LINES



TikTok  
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## Maps ORAL COMMISSURES



TikTok  
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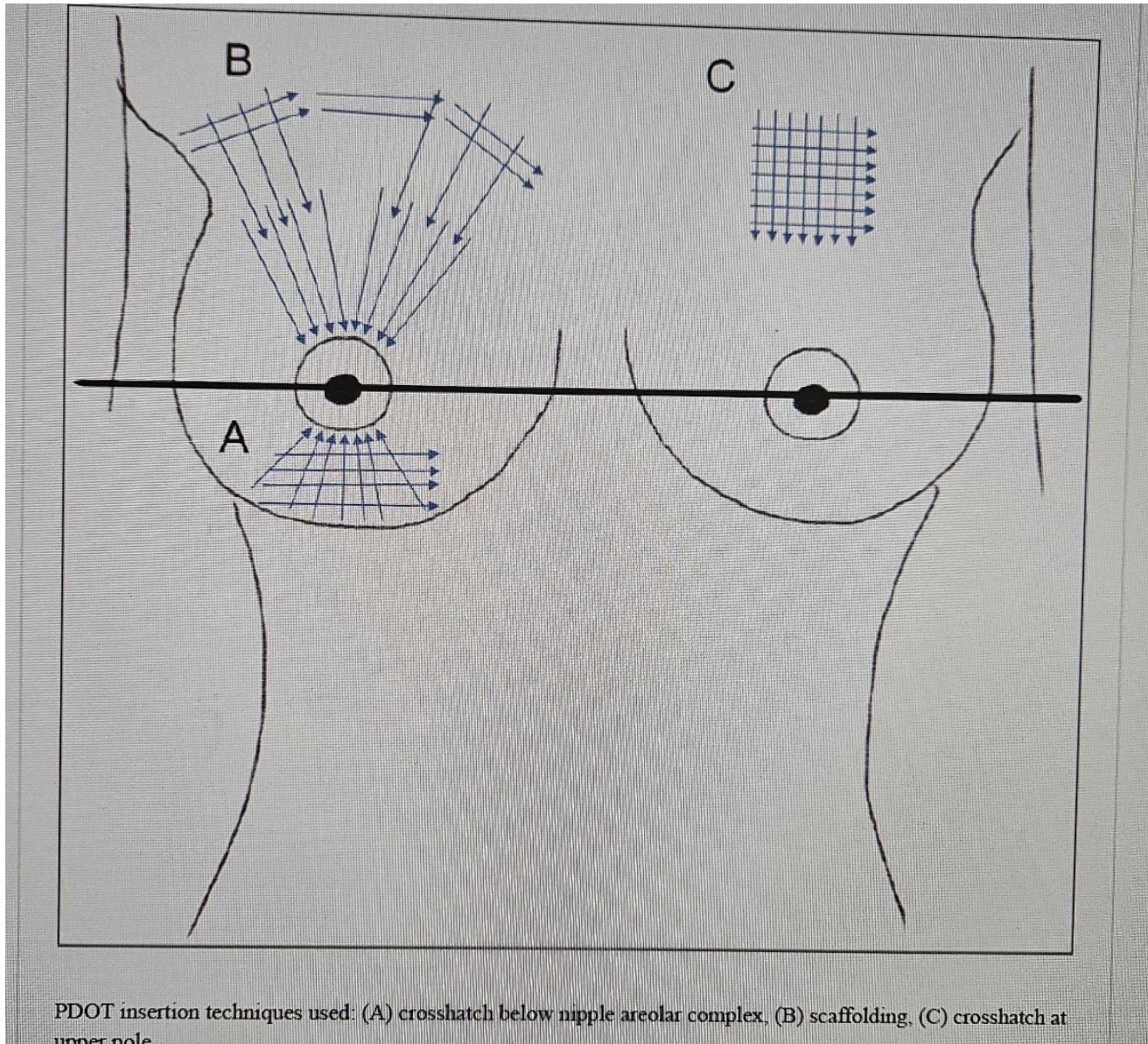
*Maps*  
CROWS FEET



CROWS FEET



# PDO Technique Diagram (Breast)GlowLux by Marci



PDOT insertion techniques used: (A) crosshatch below nipple areolar complex, (B) scaffolding, (C) crosshatch at upper pole