

THREADS FAQs

What are PDO threads?

Absorbable Material: PDO Threads (Polydioxanone)

Polydioxanone is used for biomedical applications, particularly in cardiothoracic surgery because it is fully absorbed by hydrolysis (breakdown by water) within 4 to 6 months & doesn't create any scar tissue. The foreign body stimulates collagen synthesis and the skin structure created will hold for another 12 to 15 months.

How long will PDO threads last?

- Duration depends on many factors including an individual's skin type, skin condition, lifestyle, age, as well as the type and amount of product used.
- The duration of NovaThreads depends on the area treated and number of threads used. Simple and quick procedures like smoker's lines/lip lines, wrinkles, and lip border contour, usually last 6-12 months, while eyebrow lift, neck lift tend to last 18-24 months.

How do I know this treatment is safe?

Face threads are back, they are new, improved, and totally safe. They are the most popular cosmetic procedure in Asia and Europe and are slowly picking up in North America. The results are instant, improve with time, and last 1-2 years.

Where are the PDO threads carried by Lips N Lines Plus Manufactured?

The NovaThreads are patented US-made PDO threads. They are endorsed and highly recommended by Key Opinion Leaders and experts throughout the aesthetic field. They are continuously enhancing and improving their products based on constant research and development along with user feedback from practitioners. We wanted to choose a product that has received approval from the FDA given the FDA's stringent guidelines and requirements for approval to ensure patient safety.

What is the difference between NovaThreads vs Silhouette InstaLift® thread?

They are both FDA approved absorbable thread sutures for skin lifting and tightening. InstaLift is Health Canada approved. NovaThreads were the first FDA approved absorbable PDO sutures. They have been around in Europe and Asia for about 10 years and due their overwhelming popularity, were introduced to the US market, when the demand for non-surgical and no downtime procedures is soaring. NovaThreads are made from PDO (Polydioxanone) sutures, while Silhouette InstaLift is made of Poly L-lactic acid (PLLA). Please see the comparison chart below for more details.

NovaThreads	Silhouette Lift
PDO material	PLLA material
Fully Absorb in 4-6 months	Fully Absorb in 9-12 months
Inserted 2-3 mm deep	Inserted 5 mm deep
Reversible/removable	Not removable
Results last 12-18 months	Results last 12-18 months
Usually not felt under skin	Can be felt under skin if not inserted by a trained clinician
FDA approved	FDA and Health Canada approved

How do I prepare for this PDO thread treatment?

It's important to stop taking any blood thinning medications such as NSAIDs (e.g. Aspirin, Advil, Motrin, or Aleve) and other supplements such as Omega's, turmeric, Ginseng, Garlic, Gingko biloba, Feverfew, Dong quai, as well as avoid alcohol about 5-7 days prior to the procedure. It is safe and ok (encouraged actually) to start taking **Arnica supplements** in preparation for potential bruising and to expedite healing process. Advise your clinician if you've had recent dental work. Avoid scheduling your procedure within a 2-week timeframe of a special event.

Each treatment is individualized in order to achieve optimal results, this may intel a number of sessions to obtain those results.

Do PDO threads hurt?

Anaesthetic (“freezing”) is often used in the intended treatment area to minimize discomfort during the procedure. You may experience a firm feeling and some tenderness in the area that has been treated for a few days after the procedure. You can take acetaminophen (Tylenol) if needed. Pain is subjective, it will depend on your own tolerance and on the area being treated.

How long does the procedure take?

The duration depends on the area to be treated. It is important to properly clean and prepare the skin, as well as the numbing medication to work, which usually takes about 15-30 min. The actual procedure typically takes an additional 20-45 min to complete. There are no incisions therefore no stitches.

What are the most common side effects of having PDO Thread treatment?

The most common side effects are discomfort, soreness, bruising, and bleeding. Very rarely does one have to think about infection, suture migrating or becoming visible through the skin. Our practitioners are very meticulous when preparing the skin and use the highest standards in antiseptic techniques to avoid any of the side effects.

What can I expect after the procedure?

There is little to no downtime with this procedure and minimal swelling is expected the next day as part of the response generated by the body to start collagen production. You should be able to go back to work immediately if you have treatment for wrinkles and/or smile lines. If you get an eyebrow lift, cheek or neck lifts, insertion points usually need to be covered with a bandage, therefore most clients choose to have it after work hours before the weekend.

What should I do for post-treatment care?

- Keep the area clean.
- Apply a cool compress to the site(s) for 10 minutes every hour, on the day of treatment.
- Take acetaminophen (Tylenol) if needed as per bottle direction.
- Arnica tablets or cream may help reduce swelling.
- You may wish to sleep with your head slightly elevated to avoid pressure on the area 24hrs after treatment.
- Sleep on your back for 3-4 days.
- Follow up with the clinician in 2-3 weeks for a review.

What to Avoid:

- After treatment, you should minimize exposure of the treated area to excessive sun or UV lamp exposure and extreme cold weather until any initial swelling or redness has gone away.
- Avoid heavy exercises for 1 week, this causes extreme facial movements.
- Do not touch or wash your face for 30 minutes.
- Avoid AHA, retinols, or vitamin C for the first 48 hrs
- Do not pull down on face for 4 weeks.
- Do not chew gum for 2 weeks.
- Avoid excessive pressure or any “facing-down” (e.g., massage) treatments for 4 weeks.
- By limiting facial movements, this will help the lifting threads to stay in place, so no dental work unless strictly necessary.
- Avoid heat in treatment area like saunas for 2 weeks, and IPL lasers or radio frequency treatment for 4 weeks.
- Avoid medications that affect the blood clotting effects like fish oils, vitamin's C, A & E for 7 days.

Follow-up and next steps?

We want to ensure you are happy and that optimal results are achieved. Please schedule a follow up appointment in 2-3 weeks' time for a review. Your health and well-being is very important to us. If you have any concerns, please contact us immediately, we are here to help.