

Rejuvenation vs Lifting Threads – PDO and InstaLift Threads



Rejuvenation PDO Threads

Rejuvenation PDO threads are designed for skin tightening, rejuvenation and natural volume. They primarily treat skin quality and are often used in combination with other cosmetic injectable treatments throughout the face, décolletage and any other area of the body which needs tightening or as a preventive procedure to prevent/slow the skin from sagging. We use FDA approved PDO threads. PDO threads have not yet received Health Canada approval.

PDO Mono/Smooth Threads or *rejuvenation* threads are designed to perform a revitalization skin treatment, the treatment is beneficial for skin tightening, skin thickening and an overall stimulation of collagen which in turn reduces the appearance of wrinkles. Once inserted into the skin, PDO smooth or twist threads activate collagen synthesis to gradually tighten and rejuvenate the skin. Over a period of 4 – 6 months, as the threads are dissolving and collagen is building, a gradual improvement in the appearance of fine lines and wrinkles is seen. Rejuvenation PDO threads are not for lifting or treating “sagging”.

The types of PDO threads used for rejuvenation carried at Lips N Lines Plus Medical Esthetics are FDA approved NovaThreads.

Lifting Threads – PDO and InstaLift

Thread lift is a procedure that uses 100% absorbable and bio-compatible material, similar to those used in surgery, **to rejuvenate and lift sagging skin**. It's a cheaper and faster alternative to facelift surgery, but the results don't last as long and aren't as dramatic. Recovery from the procedure is minimal and it's often possible to return to work the next day.

Two common materials exist. They've been in use for over 50 years when surgeons started noticing that the skin above the absorbable sutures looked more youthful and firmer.

PDO Threadlift: Polydioxanone material is commonly used as a surgical suture and tends to last on average 6 months before it dissolves. PDO thread originated in Korea. Different brands differ in terms of design (monos/smooth, barbs, cogs, twist, multi etc).

Silhouette Soft PLLA: Poly-L-Lactic Acid material are also used as surgical sutures, and have greater longevity than PDO, averaging 12 months before dissolving. Thus, they can stimulate collagen for a longer duration. Once dissolved, the material breaks down into glucose, carbon dioxide and water.

Even after the threads dissolve your collagen stays behind. This is the important benefit of a thread lift versus filler alone. The results of the thread lift keep on going even after the material is long gone. Thank your body's collagen induction reaction.

What's the key difference between PDO thread lift vs. silhouette soft thread lift?

1. PDO thread lifts are great for soft tissue lifting. The instant and immediate lift is often tighter. There is more versatility in their application given the different lengths and types of threads available.
2. Silhouette InstaLift threads may be superior for lifting and volumization of the mid-face. The cones compress soft tissue together nicely.

Timeline

Immediate: Your skin is immediately lifted as the threads lift soft tissue to its new position. You may look and feel slightly tighter than the final result as there is always some relaxing of the skin that occurs over the next few days.

1 week later: You will start to look and feel more natural.

3 months: Skin rejuvenation peaks. You will notice improved skin texture, smoother and firmer skin.

6 months: PDO threads dissolve, but the results persist for many more months.

A LIGHT touch-up is recommended 6 months after the initial treatment, to allow for a long-lasting result of up to 2 years.