

1, 2, 3 AND LIFT! PULL BACK THE YEARS

Hello one and all! I hope you made the most of the three days of summer we've had this month. Did you remember to put on your sunscreen? Sure you did.

In the last three issues we discussed the biggest 'players' in non surgical facial rejuvenation (anti-wrinkle injections and dermal fillers). BOTOX(R) has been around for 61 years, used cosmetically for the last 26 years.

There are other similar (but remember, not the same) products on the market as well. Dermal fillers have been used in various forms since the end of the 19th century, yes you've read it correctly: since the end of 1800'. Dermal fillers have changed dramatically, most notably in the last 20 years. They are safer, better understood and used in incredible new ways for full, non surgical, facial rejuvenation. So both have a long, proven track record.

In my last article we took a whistle stop tour through the effects of the years and the environment on an ageing face. We talked about our main treatment aims: 1) restore volume, 2) attempt to lift sagging skin. Dermal fillers are amazing at addressing point 1, and very good (but not perfect) at addressing point 2.

We all know that the world around us is changing dramatically; technology is advancing at an exciting, 'faster than the speed of light' rate. We'll have the iPhone20 in no time. The boundaries of medicine in all fields are continuously pushed, with better, safer, more innovative products developed constantly. Just the other day we saw the birth of female viagra! Granted not life saving medicine, but you'll all agree men have spent years, decades, millennia, trying to change a woman's mood, and now all these efforts are condensed to a single pill. Is there any limit to where science can go? Aesthetic Medicine too is rapidly developing. Our appetite for healthier skin, youthful facial features, weight loss, body contouring, hair removal, and ultimately full body rejuvenation is growing, expanding, flourishing.

Fancy, shiny, beautiful machines using advanced modalities in laser, IPL, radio frequency and ultra-sound technologies for

skin tightening, resurfacing, tattoo and hair removal are being developed and improved as we speak, well, as I type. Cryolipolysis, thermolipolysis and, I'm sure, other forms of lipolysis, for non surgical fat reduction are flooding the market. Some of these are still in their infancy, others titans. These all still need some fine tuning (and we will no doubt see this in the near future). In a few issues time we'll dive into the sci-fi world of aesthetic devices.

For now, for this issue, I want to talk about something new. Something which is gaining increasing popularity and for good reason. Something which can finally complement BOTOX(R) and dermal fillers. Something that can do what the two heavyweights of Non-Surgical Facial Aesthetics have been lacking. Threads. They can lift, and they can do it very, very well.

What is a 'thread lift'?

In the search for less invasive procedures to treat the signs of facial ageing, thread lifting/tightening has become increasingly popular. You'll have heard of the 'one stitch lift' or 'puppet face lift'. Hands up all those women (and men) who have looked in the mirror, placed your fingers on your cheeks, pulled back, and thought "if only I could get a wee lift".

The idea is to place threads of one sort or another under the skin and either physically 'pull back' to achieve a lift, or let the thread cause a response in the body which would lead to skin tightening. For decades different materials have been experimented with, including silk, horse hair, even gold. All had only limited success due to profound skin irritation or poor lifting results. The aim has always been the same, to find a material strong enough to lift sagging facial tissue, non surgically, with minimal to no irritation to the body. Thread lift materials and techniques are far more sophisticated today, better understood and far more successful. I think it's worth stressing that thread lift procedures do not, at least should not aim to replace a face lift.



I mean, come on, there is only so much skin that threads can lift. Even if you could lift a lot of excess, sagging skin, where would you put it, behind the ears? (that was a joke). The theory of thread lift however is rooted in the initial pioneering face lifts... not so much face lift, but skin lift. Lifting skin to where it once sat proud, higher in the face, restores a natural youthfulness. The results from thread lifts do not last as long as surgical facelifts. However, the procedure doesn't carry the same downtime or complications that surgery does. Not everyone needs a facelift, and not everyone can benefit from

Silhouette^{soft}



lift threads. Pros: Minimally invasive, and helps to tighten skin.

Both have their place. Both have their limitations. Let's take the 'cons' from each kind of thread. 'Mechanical lift' threads lose their hold. Game over. Procedure needs repeated. 'Biological lift' threads don't lift as much and take time to yield results. So what if there was a thread that gave us an instant mechanical lift, and then went on to stimulate production of collagen (our skin's tightening factor)? That would be great wouldn't it? Insert all-knowing "but there is" smile. Read on.

Two words... Silhouette Soft. Silhouette Soft Thread Lift (or puppet-lift) is a unique non-surgical procedure where threads with tiny cones are placed under the skin. Threads are made of poly-lactic acid (PLLA for short) and the cones of PLLA and glycol polymer. (See picture 1). This is relevant because these materials have been used in surgery for years, and are therefore safe and well tolerated by the body. Once the threads are put in place, gentle traction causes the cones to grip onto tissue, allowing an instant mechanical lift. Furthermore, at 12 weeks the threads and cones start to break down and stimulate the production of collagen to tighten skin (biological lift). Ta da! The best of both worlds, with results lasting 12-18 months.

Silhouette Soft threads were developed approximately 5 years ago. It was a great product from the start, but long lasting results were questionable due to poor techniques. Quite honestly, we didn't understand how to use them. It took time to appreciate how best to get the most from them. Over the last 5 years they have been used extensively and in several different ways. Today, from my experience, we can achieve a lift lasting 12-18 months. For a 60minute, non surgical procedure, take it from me, that is incredible. The ever so quirky, body conscious Italian surgeons have used silhouette soft for both breast and bum lift. I'm not convinced the results are

worth the procedure, but watch this space. Once they can reliably lift sagging breast tissue, rest assured, this will be available in Scotland and the rest of the UK.

I have used Silhouette Soft threads, a lot, and feel that the results which can be achieved with these threads, the safety and efficacy they offer Cosmetic Doctors is a game changer in non-surgically rejuvenating the face. SS has changed my practice and allowed me to obtain natural results, otherwise unachievable with dermal fillers alone. Last issue I explained how the face ages. How cushions of fat lose their plump and the overlying skin starts to head south. Fillers are incredible at restoring youthful plump and volume, but sadly, sometimes we just need more lift than fillers can achieve. They work well in people aged 30 to 70 years, who need a 'wee lift'. We are always aiming to achieve a natural result in aesthetic medicine (well, most of us are...promise) and more often than not, combining fillers and threads help us do just that. The right amount of volume, with the perfect amount of lift. Simple.

It's worth noting, only doctors/surgeons and dentists thoroughly trained in SS can perform these procedures, and should only be carried out in a clinic environment.

We've reached the end. A bit of Medical Aesthetic history, a medical news update (still thinking about female viagra, aren't you?), explanation of what thread lifts are and a teaser of what's to come in future issues. Job done.



If you have a question for Dr Nestor about wrinkle relaxing treatments, dermal fillers, skin health, how to responsibly provide treatments by a Doctor, Nurse or dentist in your place of work, or anything else in Cosmetic Medicine send him an e-mail at contact@salonny.co.uk.