Use Aesthetic Sutures To Provide Uplifting Results

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Objectives For Today:

- Identify the different types of aesthetic sutures

- Explain how aesthetic sutures will compliment existing, non-invasive treatments provided in your office
Aging: What Happens To The Face?

- **Skin Changes**: texture, pigmentation, laxity
- **Fat Loss**: superficial and deep fat compartments
- **Ligaments**: loosen, separate
- **Muscles**: contraction, hypertrophy
- **Skeletal**: resorption, rotation
How Do We **Treat** These Issues?

- **Resurface:** skin changes (laser, peels, microneedling)
- **Refill:** volume/fat loss (dermal fillers)
- **Relax:** hypertrophy, contraction

- But what about laxity? How do we actually **REPOSITION** the skin?
Laxity needs to be **repositioned**

The only option available was **facelift** surgery

Re-evolution of **sutures** makes this available to your clients
History of Aesthetic Sutures:

- **1961**: First sutures arrived: used for tendon repair and they were permanent
- **1964**: Pioneer of barbed sutures
- **1990**: Began use in the aesthetic market for cosmetic use. Unidirectional and permanent
- **2002**: Introduced bi-directional threads still permanent
- **2004**: FDA approval given to Contour Threads
- **2005**: Reports of adverse events: breaking and extruding
- **2007**: Contour Threads were removed from market
- **2009**: FDA withdraws approval
- **2014**: FDA approves RESORBABLE sutures
# New Generation of Sutures

**ABSORBABLE**

## Polydioxanone (PDO)
- Nova Thread, Aquilift, Elionce
- Used in cardiothorasic surgeries
- Uni and Bi directional barbed threads
- Fully absorbed in 4-6 months
- No scar tissue
- Creates an inflammatory response similar to other modalities such as lasers/microneedling
- Results 4-12 months
- Repeat treatment at 4-6 weeks for best result
- Can add volume to the face as well

## Poly-L-lactic Acid (PLLA)
- Silhouette Instalift only type
- 82% PLLA (Sculptra) and 18% Vicryl suture
- Only bi-directional
- Uses 360 degree smooth cones
- Fully absorbed in 9-12 months
- Neocollagenesis with biostimulator effect producing collagen type I and type III
- Results peak at 6 months
- Lasts 18-24 months
- Will not add volume
Who Is An **Ideal** Client?

**Ideal Client**
- Strong, bony projection
- Good skin quality
- Malleable tissue
- Midface sagging
- Nasal labial fold/marionette/ buccal region

**Not Ideal Client**
- Excessive skin
- Thick skin
- Thin skin with no fat
- Non-mobile skin tissue
- Sensitivity to suture materials
No Treatment Is Perfect Or Without Risk

**Adverse Reactions:** they are rare, minor, not long lasting, and self-limiting.

- Asymmetry
- Misplacement
- Bruising
- Dimpling or puckering of the skin

*Downtime approximately 1 week*
Not A Solo Treatment

Sutures should be used in **addition** to all other modalities in your practice:

- **Neurotoxins**: relax fine lines, muscle hypertrophy
- **Dermal Fillers**: restore volume
- **Lasers/Microneedling**: repair texture, pigmentation
- **Skin Care/peels/facials**: restore glow and hydration
- **Sutures**: reposition the skin, lower face laxity
Before and After Photos

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Thank You
References:


