Skin aging is a complex biochemical process characterized by metabolic, structural and functional changes in the cell structure of all its layers and the surrounding tissue due to the depletion of the body bioresources.
Signs of skin aging

1. Hyperkeratosis of epidermis, dyschromias
2. Reducing of collagen and elastin fibres
3. Reducing the amount of hyaluronic acid
4. Atrophy and ptosis of subcutaneous fat
5. Atrophy and stretch of muscles and fascia
6. Thinning and softening of the bones

We are changing Over time

Time changes us differently

Muscular type
Combined type
Deforming type
Combined type
“Tired face” type
Rugose type
Signs of longevity

Women 100 years old

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Patient wishes

• Smooth and healthy skin
• No wrinkles
• Safe procedure
• Non-operative therapy
• Fast procedure time
• No pain, no side-effect
• Immediate effect
• To live normally after the procedure

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Today we can satisfy all these desires

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Methods of correction of age-related changes

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Effectiveness of aesthetic procedures

Aesthetic medical treatments such as fillers / muscle relaxants or exposure to different kinds of energy (Laser or RF) provide a slight improvement because these treatments create physiological stimulation of neocollagenesis and mature collagen synthesis which can reach a maximum 1.5%. This small amount of collagen is sufficient for preventive anti-ageing programs and can correct early signs of ageing but it is not enough to correct expressed signs of ageing.

Tissue pulling methods

- Not invasive Ultherapy
- Mini invasive Thread lifting
- Endotine
- Aptos thread
- Happy Lift
- Silhouette Lift
- Serdev method (Tissulift)
- M-sling
- Invasive Face lifting operation
PDO Threads - New technology

Allows 3D modelling in different layers of the skin and in different areas of the face and body. Technology is constantly improving and has great potential in the rejuvenation and skin lifting process.

What is PDO Thread?

PDO is a strong synthetic monofilament fiber, consisting of one or two twisted solid fiber threads, which dissolve in the tissue after a certain time depending on the UPS of the thread. Polidioxanone material is used in plastic surgery, cardiology, traumatology, gynecology for cutaneous and subcutaneous sutures for 35 years. This material meets all the requirements established by the United States Pharmacopeia (USP) for surgical sutures.

Classification of Threads

Nonabsorbable:
- Gold and platinum threads
- Aptus polypropylene

Long-absorbable:
- Tissulift polyurethane, polyamide

Absorbable:
- Elegans PL
- Happy Lift PL
- Rozorlift PL
- Anchor lift PDO
- Plates Endotine PL + PGA
- Silhouette Soft PL
- PDO Threads

PGA, PDO Threads
**Generation of Absorbable Threads**

1st Generation – Catgut (Plain and Chromic Thread)
Absorption 70 - 90 days

2nd Generation - PGA (Polyglycolic acid) Thread
Absorption 60-90 days

3rd Generation - PDO (Polydioxanone) Thread
Absorption 180-240 days

**Types of PDO threads**

1. Plain threads: mono filament or screw thread
2. The spiral threads (Tornado) with a large stimulating effect
3. Threads with barbs (Cog) with the anchor effect

**Structurally modified type of Threads**

- Threads with nodes
- Threads with absorbable cones
- Threads with barbs
In 1995, the Korean doctor Kim Dong Jun suggested the use of needle-wire with PDO thread in acupuncture for muscles and tendons of the back area. He placed the thinnest thread of polydioxanone into needle-wire to achieve the solution. This type of treatment stimulated the weak muscles of the back and provided long-term pain relief.

A few years after, this method was used by Korean and Russian Medical Aesthetic Clinicians to lift the face. The treatment has become very popular in Europe within the last 5 years.
What is PDO Thread?

Polydioxanon is a strong synthetic monofilament fibre consisting of one solid fibre of thread, which is dissolved in the tissue after a certain time (4-6 months) depending on UPS (thickness from 7.0 - 2.0) of thread. Polydioxanone material is used in plastic surgery, cardiology, traumatology, gynecology for cutaneous and subcutaneous sutures for over 30 years. This material meets all the requirements established by the United States Pharmacopeia (USP) for surgical stitching.

Biochemistry PDO threads

\[ \text{C}_4\text{H}_6\text{O}_3 + \text{H}_2\text{O} \xrightarrow{\text{Hydrolysis}} \text{H}_2\text{O} + \text{C}_0\text{2} \]

The process of disintegration due to hydrolysis of the PDO polymer is forming monomers of 2-hydroxy-ethoxy acetic acid (C4H8O4) which then breaks down into water and carbon dioxide and they are absorbed by the skin.

Chemical formula of PDO

Polydioxanone is a linear polymer formed during the catalytic polymerization of heterocyclic compound p-dioxanone

\[ O=\text{CH}-\text{CH}_2-O-\text{CH}_2-\text{CH}=\text{O}\quad (\text{C}_4\text{H}_6\text{O}_3) \]
Biochemistry PDO threads

\[ C_4H_6O_3 + H_2O \rightarrow 2 \text{H}_2\text{O} + \text{CO}_2 \]

The process of disintegration due to hydrolysis of the PDO polymer is forming monomers of 2-hydroxy-ethoxy acetic acid (C4H8O4) which then breaks down into water and carbon dioxide and they are absorbed by the skin.

PDO Threads Properties

The uniqueness of the technique is that the thread is inserted inside of the injection needle (conductor) and the free end of the thread is attached to the needle with sponge. Injection needle is made of special steel and has laser sharpening, is flexible and is not broken. It allows to control changing of direction (up - down - left - right) and provides the highest quality of reconstruction of contours and volumes of the skin structure.

After injection of the needle with the thread the needle can be easily removed and the thread is inside of tissue.

PDO Threads properties

The threads have are: non traumatic through the tissue, durable, flexible, hydrophobic and non capillary.

Polydioxanone does not have antigenic or pyrogenic properties, and in the process of absorption develops only mild tissue reaction with the formation of neocollagenesis.
Anti-ptosis structure component of the skin

The deep layer of the dermis is firmly fused with adipose tissue by means of pronounced collagen fibres (bands) vectored from dermis to hypodermis and to fascia. Strong connective bands of the skin and fat lobules prevent firmness of the skin and perform the anti-ptosis function. The reduced amount and/or strength of the bands connecting the dermis and hypodermis is one of the reasons of wrinkles, folds and gravitational ptosis.

Anatomy of fat compartments

Hypertrophy of fat compartments
The effects of gravitation on fat compartments

The compartmentalized anatomy of the superficial subcutaneous fat of the face has implications in the aging process. Wider fat appears to occur at different rates in different compartments, leading to irregularities in facial contour and loss of the smoothness, smooth transitions between the contours and concavities of the face associated with youthfulness and beauty.

New principles of ways of rejuvenation

Consequently the medical aesthetic industry is in a constant search for new ways to eliminate gravitational ptosis.

There is great need to find a solution of the following problem – how to strengthen connective tissue bands.

This can be achieved by strengthening the facial structures and/or creating of the new structures, which must correspond to fibro-architectonics of the face.

PDO Threads are new anti-ptosis structure

Thanks to new technology PDO Lifting Threads biotechnical opportunities to use the complex mechanisms of regulation, metabolism and synthesis of neocollagen of living skin tissues appeared.

For visible results of rejuvenation pathological stimulation of synthesis of collagen is used, which gives 100% of new collagen. Insertion of polydioxanone threads generates pathological neocollagenesis in the skin. It is the process of creation of mild fibrosis (3 type of collagen) as new bands which strengthen the connective tissues of the skin and work like anti-ptosis mechanism.
1 Stage:
- Deterioration of epidermal cells, amorphous collagen, fat cells and muscles
- Promotion of local blood microcirculation from a few days to few months
- Acute leukocyte reaction: the activation of neutrophils and macrophages
- Activation of reparative processes and tissue immune responses for 6-10 days

2 Stage:
- Activation of metabolism of fibroblasts and increasing of their number
- Stimulation of synthesis of collagen, elastin, HA for 2-6 months
- Structural integration of tissues leading to lifting
- Lifting effect of sagging tissues

Stages of formation effects

The primary effect is achieved by the presence of strong and elastic threads in the tissues. The result can be noticed after 1-2 weeks. The results are: improved complexion, skin laxity is improved, the skin becomes more elastic and youthful. The results in the skin’s youthfulness will improve monthly. The results will be different for each individual. The final result will sustain itself for 12-24 months depends on the patients’ age and the level of metabolic activity of the cells of the individual's skin.

Visible stages of formation effects
The effect of the final phase

Skin rejuvenation:
- resolution of wrinkles
- tightening of pores
- brightening of skin
- decrease of the volume of subcutaneous fat
- lifting of skin

PDO threads creates a reinforcing effect for skin laxity.

Example of tissue reactions

Histological picture of PDO thread is present in the tissues for 4-6 months.

Immuno-histochemical study of Collagen III

After 60 days
After 90 days
Immuno-histochemical study of Collagen III

Before 6 months

Proliferative activity index of epithelial cells

Before Ki-67 = 13% After 60 days Ki-67 = 25%

Improvement of epidermal basement membrane, collagen type IV in the recovery of the basal membrane and the surrounding blood vessels.
Histological picture of Epidermis and derma after PDO threads

The appearance of the epidermal growths, thickening layers of the epidermis, improving vascularization.

Histological picture of PDO threads

After 3 months reducing by 24% the thickness of the hypodermis.

PDO Threads method consists of 3S

- Safe
  - CE certificate
  - Absorbable threads
- Speed
  - Short procedure time
  - Immediate result
- Simple
  - Non invasive procedure
  - Very short down time
The layers of the skin for the introduction of threads

**Intradermal:**
- Rejuvenating effect

**In subcutaneous adipose tissue:**
- Contraction and tightening of the subcutaneous tissue

**Intramuscularly:**
1. Injection of the thread along its muscle toning
2. Injection of the thread across its muscle relaxes

Fast muscle recovery has not led to persistent changes in their functions.

Principles of insertion of PDO Lifting Threads

- For rejuvenation of skin according to the direction of the lines of Langer
- For remodelling and contraction of the subcutaneous tissue according to anti-gravitation vectors
- For reducing of pathological inviolability of the subcutaneous tissue opposite compression vectors
- For lifting effect it is necessary to fix the thread at the points of fixation of the deep fascia

**Intramuscularly:**
- For toning of atrophic muscles along the muscle fibres
- For relaxing of hypertrophic muscles across the muscle fibres

Presence of the threads inside the muscle reduces its contraction. During the process damaged muscles are replaced by fibrous tissue which becomes shorter creating a lifting effect.
For rejuvenation of the skin PDO Threads are installed according to the direction of the lines of Langer.

For remodelling of the skin PDO Threads must be implanted according to anti-gravitation vectors.

To loosen the hyperactive muscles PDO thread must be placed along or across the muscle fibers.
Principles implantation of PDO Lifting Threads

For reducing of pathological movability of skin layers
PDO Threads install opposite compression vectors

Injection area of Plain Threads

On the face:
- Vertical and horizontal forehead wrinkles
- Lifting of eyebrows
- Depressing the inner edges of eyebrows
- Flabbiness and soft tissue of the face
- Wrinkles of lower eyelid and area of nose
- Bags of lower eyelid
- Drooping of muscles of cheeks and face
- Malar prominence
- Naso-labial folds

On the body:
- Breast, abdomen, arms, legs and buttocks rejuvenation, firming and reshaping
- Stretch marks on the breast, abdomen, arms, legs and buttocks
- Correction of irregularities after liposuction
- Obesity and cellulite– arms, abdomen, legs, ribs
- Alopecia

Intramuscular:
- Frontalis
- Corrugator & Procerus
- Orbicularis oculi
- Masseter
- Levator labii superioris & Nasalis
- Mentalis & Depressor labii inferior
- Platysma
- Gastronemius

Into subcutaneous fat:
- Drooping of facial adipose packages
- Submandibular area
- Face contour
- Parotid area
- Cellulite area and local fat deposits
- Underarm stretch marks
Indication of PDO Cog Lifting Threads

This new generation of threads that can instantly correct the contour of the oval face, lift up face and some parts of the body. The main indications for the cog threads correction:

• Poorly manifested aesthetic contours (flat flabby face)
• Ptosis of the soft tissues of the face
• Facial asymmetry correction
• Patients who are not ready for a face lift but “looking tired”
• Patients who do not want to have the traditional, open surgical face lift
• Patients complaining of insufficient results shortly after a face lift
• Patients who wish to improve one part of the face

Contraindications

• Various acute infectious diseases (SARS, influenza, etc.)
• Inflammation of the skin in the treated areas
• A non-absorbable implant in introducing threads
• Cancers
• Tendency of keloids
• Bleeding tendency and some diseases of the blood
• Neurotic and psychological disorders

Pre procedure recommendations

1. Aspirin, Vitamin E avoid for 10 days, NSAID such as ibuprofen avoid for 7 days, alcohol avoid for 3 days prior to procedure.

2. Oral antibiotics begin intake 1 day before and after 5-7 days for introduction over 100 PDO threads.

3. Antiviral Valtrex 500 mg begin intake for 5 days before the procedure for persons infected of Human Herpesvirus-1, 2, 3.
Pre-operative steps

1. Patient selection for procedure
2. Photography before procedure
3. Examination of the patient
   - Finger test
   - Design of the procedure
   - Photography with design

Finger test will help:
- Select the direction of the vectors
- Decide how many threads to use
- Mark the starting points of the pathway

Design of the Procedure
Protocol of procedure PDO Lifting Threads

- Disinfection of skin before injection of anaesthesia
- Local anaesthetic cream EMLA is applied to the skin for 20 minutes or injection of 1% Lidocain
- Disinfection of skin before injection of threads
- Inject PDO Lifting Threads
- Disinfection of skin after injection of threads
- Photography after procedure

Anatomy of facial nerve

The facial nerve innervates:
- frontal muscles;
- muscles, wrinkled brow;
- circular muscles of the eye;
- zygomatic muscles;
- cheek muscles;
- ear muscles;
- orbicularis oris muscle;
- the muscles of the lips;
- platysma.

Purple:
- Ophthalmic nerve (V1)
- Supraorbital nerve (SO)
- Supratrochlear nerve (ST)
- Infratrochlear nerve (IT)
- External nasal nerve (EN)

Blue:
- Maxillary nerve (V2)
- Zygomaticotemporal nerve (ZT)
- Zygomaticofacial nerve (ZF)
- Infraorbital nerve (IO)

Red and Orange:
- Cervical nerves (C2/C3)
- Greater occipital nerve (GO)
- Lesser occipital nerve (LO)
- Greater auricular nerve (GA)

Green:
- Mandibular nerve (V3)
- Auriculotemporal nerve (AT)
- Buccal nerve (B)
- Mental Nerve (M)

Points of local anaesthesia

Purple:
- Ophthalmic nerve (V1)
- Supraorbital nerve (SO)
- Supratrochlear nerve (ST)
- Infraorbital nerve (IO)

Blue:
- Maxillary nerve (V2)
- Zygomaticotemporal nerve (ZT)
- Zygomaticofacial nerve (ZF)
- Infraorbital nerve (IO)

Red and Orange:
- Cervical nerves (C2/C3)
- Greater occipital nerve (GO)
- Lesser occipital nerve (LO)
- Greater auricular nerve (GA)

Green:
- Mandibular nerve (V3)
- Auriculotemporal nerve (AT)
- Buccal nerve (B)
- Mental Nerve (M)
Propofol (200mg/20cc):
Induction dose 1.5-3mg/kg
Ex. 50kg 75-150mg = 7.5-15ml
Sedation in 1min, Wake in 5-10 min

Infusion rate 100-200mcg/Kg/min

= 0.1mg/kg/min
= 60mcg/kg/hr(60min = 1hr)
= 300mcg/hr (when patient weight is 50kg)
= 30ml/hr (propofol 1ml = 10mg)-60ml/hr

Plan: 3cc->4cc->4cc, 30-50ml/hr

Anatomy of trigeminal nerve

The trigeminal nerve innervates:
- masticatory muscles;
- temporal muscle.

Techniques of implantation of PDO threads

• Vector Linear Technique
• Reinforcing Net Technique
• Fan Technique
• Sandwich Technique
• Sewing Technique
• L Technique
• V Technique
• W Technique
Vector Linear technique

Intradermal pass parallel to the skin

Vector Linear technique for rejuvenation of forehead

Horizontal vector
Mono Threads
• N 29G x 13mm UPS 6.0
• N 29G x 25mm UPS 6.0
• N 29G x 38mm UPS 5.0
10-20 threads

Vector Linear technique for lifting of eyebrows

Vertical vector
Twins or Screw Threads
• 27G x 38 UPS 6.0
• 27G x 50 UPS 5.0
10-20 threads
Vector Linear technique for lifting of eyebrows

**Vertical vector**
- Screw or Double Screw Threads
  - 27G x 38 UPS 6.0
  - 27G x 50 UPS 5.0
  - 10 – 20 threads

**Double Cogs**
- DC 23G x 60 UPS 3.0
- DC 25G x 70 UPS 4.0
- 2-6 threads

**Double Bi-Directional Cogs (2R)**
- 2R 23G x 60 UPS 3.0
- 2R 25G x 70 UPS 4.0
- 2-6 threads
Vector Linear technique for lifting of ends eyebrows

Vector Linear technique into m.corrugator and m.prosserus

Twins or Screw Threads
- 27G x 38 UPS 6.0
- 27G x 50 UPS 5.0
10 threads

5 threads into each muscle
Counter vector linear technique into m.corrugator

Twins or Screw Threads
- 27G x 38 UPS 6.0
- 27G x 50 UPS 5.0
5-10 threads

Vector Linear Technique of glabella

Twins or Screw threads
- 27G x 38 UPS 6.0
- 27G x 50 UPS 5.0
5-10 threads

Vector Linear technique for lifting of eyebrows and glabella lines

Vertical and horizontal Twins or Screw Threads
- 27G x 38 UPS 6.0
- 27G x 50 UPS 5.0
10-20 threads
Strengthening technique for the upper eyelid

Screw Threads
- 27G x 38 UPS 6.0
- 27G x 50 UPS 5.0
5-10 threads each eyelid

The result of Vector Linear technique in 1 month

Screw threads
- 27G x 50 UPS 5.0
5 threads each eyelid
Vector Linear technique for low eyelids

Vertical vector
Mono Threads
• N 29G x 13mm UPS 6.0
• N 29G x 25mm UPS 6.0
6-10 threads each eyelids

Vector Linear technique into smile lines

Mono Threads
• N 29G x 25mm UPS 6.0
5 threads each side

Vector Linear technique for the lower eyelid

Mono Threads
• N 29G x 13mm UPS 6.0
• N 29G x 25mm UPS 6.0
10 threads each eyelids
Vector Linear technique into smile lines

Mono Threads
- 29G x 50mm UPS 6.0

5 threads each side

Vector Linear technique into the nasolabiale folds

Mono or Twin Threads
- 27G x 60mm UPS 5.0
- 25G x 50mm UPS 5.0
- 25G x 60mm UPS 5.0

5-10 Threads on each side

Fan and Vector technique into the nasolabiales folds before and immediately after procedure

Before

After
**Vector Linear technique on the cheeks**

Horizontal vector
- **Double Screw (DS)**
  - DS 27G x 38 UPS 7x2
  - DS 27G x 50 UPS 7x2
- 5-10 threads each side

---

**Vector Linear Technique**

Horizontal and vertical vector
- **Double Screw (DS)**
  - (DS) DS 27G x 38 UPS 7x2
  - DS 27G x 50 UPS 7x2

---

**Vector technique into the fat**

Horizontal and vertical vector
- **Double Screw (DS)**
  - DS 27G x 38 UPS 7x2
  - DS 27G x 50 UPS 7x2
- 5-10 threads each side
**L Technique of the oval face**

- **Double Screw (DS)**
  - DS 27G x 50 UPS 7x2
  - 2-4 Threads

---

**Sewing technique**

---

**V and W technique of the oval face**

- **Double Screw (DS)**
  - DS 27G x 50 UPS 7x2
  - 4 threads per side
Vector Linear technique of the Chin

Double Screw (DS)
- DS 27G x 50 UPS 7x2
5 threads

Vector Linear technique of the chin

Double Screw (DS)
- DS 27G x 50 UPS 7x2
10 threads

Vector Linear technique parotid area

Double Screw (DS)
- DS 27G x 38 UPS 7x2
5 threads on each side
Vector-linear technique parotid area before and immediately after

Vector Linear technique parotid area

Double Screw (DS)
- DS 27G x 38 UPS 7x2

10 threads on each side

Design of full face and neck

MONO Threads
- N 29G x 13mm UPS 6.0
- N 29G x 25mm UPS 6.0
- N 29G x 38mm UPS 5.0
- N 29G x 60mm UPS 5.0
- N 27G x 60mm UPS 5.0
- N 25G x 50mm UPS 5.0
- N 25G x 60mm UPS 5.0

50-100 threads face
30-50 threads neck
Rejuvenation of the skin

Vector linear technique into decollate

The first stage for reinforcement
MONO Threads
- N 29G x 60mm UPS 5.0
- N 27G x 60mm UPS 5.0
- N 25G x 50mm UPS 5.0
- N 25G x 90mm UPS 5.0

The second stage for rejuvenation
MONO Threads
- N 29G x 40mm UPS 5.0
- N 27G x 60mm UPS 5.0
- N 25G x 50mm UPS 5.0
- N 25G x 80mm UPS 5.0

10-20 threads

Mesh or net technique
PDO Lifting Threads are injected intradermally, hypodermically and intramuscularly parallel to the surface of the skin from different points forming vertical and horizontal vectors. The distance between threads is minimum 0.2 mm, maximum 1 cm.
**Net technique**

- Mono N
  - N 29G x 60mm UPS 5.0
  - N 27G x 60mm UPS 5.0
- 18-20 threads every site

**Vector Linear technique of the oval face**

Before

Immediately after
Sandwich technique

Needles are inserted through one point in the same direction but in different layers of the skin.

Mono N or Twins
• N 29G x 50mm
• T 29G x 60mm
20-30 threads

Fan technique

Threads are inserted through one point in the different directions and in different layers of the skin.
**Fan technique for skin of upper lip**

Mono N., Twins, Screw
- 29G x 50mm
- 29G x 60mm

10-20 threads

---

**Fan technique**

Plane or Tornado threads
- 29G 50mm
- 26G 50mm
- 25G 40mm

10-20 threads

---

**Fan technique into the marionette fold**

Screw Threads
- 29G 38 mm

3 threads each side
PDO Cog Lifting Threads are injected hypodermically or intramuscularly parallel to the surface of the skin from one point in different directions or from different points to different point.

Localization of the PDO Cogs in the skin

Cog PDO Thread hold skin and muscles together more tight

Ligaments and septa between fat compartments of the face
The retaining ligaments of the face

- Orbicularis retaining ligament
- Platysma-auricular ligament
- Zygomatic ligament (McGregor's patch)
- Masseteric ligament
- Mandibular ligament

Cog Threads have an excellent skin lifting by strongly fixed a skin of barb thread to against direction gravity. Cog Threads have direction for skin lifting to against direction gravity.

Technique of coggled sterile absorbable polydioxanone threads are highly effective minimally invasive procedure for atraumatic reinforcement, revitalization and lifting facial and body tissues.
Vector Linear Cog technique for lifting of eyebrows

2R bi-directional Cogs (2R)
- 2R 23G x 60 UPS 3.0
- 2R 25G x 70 UPS 4.0

Double Cogs (DC)
- DC 23G x 60 UPS 3.0
- DC 25G x 70 UPS 4.0

Cog Technique

Cogs of the threads have direction and doctor have to inject to fat compartment and move or compress it.

2R bi-directional Cogs (2R)
- 2R 23G x 60 UPS 3.0
- 2R 25G x 90 UPS 3.0
- 2R 25G x 70 UPS 4.0
Cog Technique

2R bi-directional Cogs (2R)
- 2R 23G x 60 UPS 3.0
- 2R 23G x 90 UPS 3.0
- 2R 25G x 70 UPS 4.0

L technique of 2 Cogs for jawline

Technique of 2 Cogs for jawline
Technique of 3 Cogs for jawline

Design of 4 Cogs for jawline

Technique of 5 Cogs for jawline
Technique of 5 Cogs for double chin

Before procedure
Immediately after procedure
Sewing technique

Needles are inserted into skin and sew different layers of the skin.

Sewing technique into the fat pack

Screw
- S 29G x 50mm

5 threads each side

Post procedure recommendation

- Gel with ibuprofen, vitamin K or heparin apply after the procedure and every day for 5-7 days.
- Use Micro Currency (MC) mode on CryoStamp -15C° for 10 min on each treated area. In the case of bruising we can repeat procedure Micro Currency (MC) every day in clinic and continue apply gel with ibuprofen, vitamin K or heparin 2-3 time a day at home for 5-7 days.
- Dress elastic mask during sleep a special form - bi-directional, which contributes to a beautiful facial contours, improve blood and lymph microcirculation and has a healing and soothing effect.
Advise to patients after the procedure

Limit active facial expressions for a couple of days after the procedure.

Solarium, steam room and sauna are available to you within the first 2 weeks.

Facial massage is not valid for 2 months from the date of the procedure.

Complications

- A small swelling, erythema
- Seldom hemorrhage or hematoma
- Folds in the skin formed after sewing technique for 3-4 days
- Temporary small tubercles in the places where the thread ends protrude from under the thin skin
- Infection because of poor disinfection
- Temporary visibility of the threads
- Translucence of thread in case of abnormal superficial injection
- Pain during chewing and touching for 2-3 days

Light swelling
Erythema on entrances of needles

Erythema and retraction after the procedure

Small haemorrhages
Hematoma and swelling after the procedure

Folds formed after sewing technique

Temporary small tubercles in the places where the thread ends
Advantages

1. Quick procedure (duration about 30 minutes)
2. Instant results
3. High efficiency
4. Threads are not visible and are not felt
5. Mild side effects and complications
6. Short rehabilitation period
7. Total satisfaction for the doctor and the patients
8. The method can be combined with another procedures (Plasmolifting, Fillers, Peel)
9. The effect after the procedure is for 2 years and more

Benefits of Procedure

- Simple procedure with low downtime
- Rejuvenating and Lift Up effects
- Increases possibility of aesthetic medicine
- Long lasting effect
- Good price