

## **PDO Thread Lift**

***Non-surgical treatment to lift and tighten loose, sagging skin and boost skin quality for discreet, natural-looking rejuvenation***

### **What is PDO Thread Lift?**

The PDO Thread Lift is a highly effective non-surgical way to lift and tighten loose and sagging skin. The treatment also dissolves small amounts of fat for a firmer, recontoured facial profile.

The PDO Thread Lift can be an alternative to Face Lift Surgery for people who don't want invasive treatment. Specially designed PDO threads are placed under the skin. They lift, tighten, and reposition the skin. The threads also stimulate the natural production of collagen, elastin, and hyaluronic acid to rehydrate the skin and make it firmer, more elastic, and youthful-looking.

Over time, the threads gradually dissolve, with results lasting between one and two years.

### **Why have PDO Thread Lift?**

Ageing and a lifetime of sun exposure can affect the tone and texture of the skin. The tissue starts to thin and sag because the vital collagen and elastin fibres degenerate, which results in loose skin, lines, wrinkles, and folds.

If eye bags, jowls, or deep creases around the nose and mouth are affecting your confidence and self-esteem, a PDO Thread Lift can help. The innovative treatment elevates sagging skin and biologically rejuvenates it to reverse the signs of ageing.

The procedure is quick; there is virtually no scarring and minimal downtime, which earned it the nickname of the 'Lunchtime Facelift.' The Thread Lift is adapted to your needs. It can treat the face, neck, and body. Problems addressed by the PDO Lift include:

- Fine lines and wrinkles
- Flabby, loose skin on the face and jawline
- Drooping eyebrows and hooded eyes
- Sagging cheeks
- Eye bags
- Lax and sagging neck skin,
- Prominent nasolabial folds
- Horizontal forehead lines
- Smokers lines around the mouth
- Marionette lines below the corners of the mouth
- Drooping breasts
- Skin lifting following weight loss

## What happens in PDO Thread Lift?

The consultant performs a PDO Thread Lift as an outpatient procedure, under local anaesthetic.

The specialist uses needles to implant the PDO threads. No incision is necessary so that any scars will be discreet and tiny. The position, depth, and the number of threads will depend on your skin, your anatomy, and the results you want to achieve.

The thread immediately lifts the skin. However, your doctor will gently manipulate and reshape the tissue to achieve the best cosmetic results.

## How long is recovery from PDO Thread Lift?

There is minimal downtime following a PDO Thread Lift. You should be able to get on with your usual activities immediately following the procedure. However, some redness, bruising, and swelling are typical for a few days after treatment.

An initial tightening and lifting effect can be immediately apparent. However, the full results may not be visible for several weeks. The PDO Threads become part of an integrated support structure for the skin, increasing elastin, collagen, and hyaluronic acid to boost the quality of the skin and slow down the ageing process.

You should notice progressive improvements in skin laxity, pore size, wrinkles, and skin tone for a brighter, firmer, and more youthful complexion.

## Quick glance guide to PDO Thread Lift

**Procedure Time:** 30 minutes

**Recovery:** There is no downtime following the procedure

**Anaesthetic:** Local anaesthetic cream

**Hospital stay:** No

**Treats:** Fine lines and wrinkles, prominent nasolabial folds, horizontal forehead lines, vertical lines around the mouth, marionette lines

## Why choose Bella Vou for PDO Thread Lift?

Bella Vou offers clients a uniquely individual approach to cosmetic surgery and aesthetic treatments. The state-of-the-art clinic provides the very latest procedures in a chic, comfortable, and welcoming environment in the heart of the beautiful historic town of Royal Tunbridge Wells.

Bella Vou is dedicated to providing satisfaction, the highest standards of care, and a personal touch, throughout your treatment journey. The skilled team is passionate

about helping people achieve the results they want and making their experience enjoyable and stress-free.

Bella Vou offers competitively priced packages of care, with no hidden extras. The clinic is approved and inspected regularly to ensure the highest standards of patient care, cleanliness, and infection control.

The staff at Bella Vou are professional, highly qualified, and led by cosmetic surgeons recognised by the most reputable aesthetics and cosmetic surgery associations, including the UK Association of Aesthetic Plastic Surgeons (UKAAPS).

***Bella Vou combines cutting-edge treatment and clinical excellence with the luxury, comfort, and discretion of a spa and the hospitality of a five-star hotel.***

## **Your PDO Thread Lift journey at Bella Vou**

### **Free, no-obligation consultation**

Bella Vou offers every client a free consultation with an expert. The consultation is an opportunity to discuss any concerns you have, the results you want to achieve, and whether PDO Thread Lift can help you reach those goals.

Bella Vou offers bespoke rejuvenation. There is a range of treatments to reduce loose skin, wrinkles, and other signs of ageing. The specialists will examine your skin and discuss the options so that you can decide on the right approach for you. Bella Vou will always give you an honest and impartial professional opinion. Leading cosmetic surgeon, Mr Amir Nakhdejvani says:

*'At Bella Vou, we never pressurise people or try to sell procedures. It's always about giving an honest opinion and honest advice.'*

### **Preparation for PDO Thread Lift**

No specific preparation is needed for your therapy. However, you may be asked to stop taking some medicines such as blood-thinning medication, aspirin, and anti-inflammatories to prevent bruising and bleeding.

If you have any concerns, the staff at Bella Vou will always be on hand to answer your questions and offer support.

### **What happens during PDO Thread Lift?**

PDO Thread Lift is carried out as an outpatient procedure. Before treatment, the skin specialist will apply a topical anaesthetic cream to numb the skin and ensure your comfort.

The doctor will clean the skin and inject a local anaesthetic. They use needles to insert the PDO threads into the skin. There are no cuts or stitches so that any scars will be practically invisible.

Your doctor will plan the position and number of threads according to your needs. The depth varies between three and five millimetres.

The thread acts immediately to lift and tighten the skin. When the threads are in position, your doctor will gently manipulate and reshape the tissue to fine-tune the contour and shape and contour. Finally, the doctor removes the ends of the threads.

### **Recovery from PDO Thread Lift**

After the procedure, you can go home and get on with normal activities. The staff at Bella Vou will be on hand after the procedure to offer you refreshments, answer any questions, and give advice on recovery and aftercare.

You should expect some minor swelling, redness, and bruising over the first few days. A little wrinkling of the skin may also be visible; these should all settle over the first week.

In the first few days, you should touch, poke, or prod the treatment site. It's also important not to sleep on the area. Allow your skin a month to heal before planning any further facial treatments.

### **FAQs**

#### **Can PDO Thread Lift be used on the body?**

PDO Thread Lift can be used to treat skin problems on the body as well as the face. Skin sagging, drooping, and laxity can all be addressed. The cost of treatment depends on the size of the surface to be treated. Speak to a specialist at Bella Vou to find out the best treatment to get the results you want.

#### **What does PDO mean?**

PDO stands for Polydioxanone. It's a durable, synthetic fibre that has been extensively used in plastic surgery for more than thirty years.

The material is strong, smooth, and flexible. It gradually dissolves in the body and is processed and expelled naturally.

#### **Can I have another Thread Lift?**

Yes. The PDO Thread Lift can be safely repeated when the threads dissolve, and the effects gradually fade.

#### **Will I be able to see the threads under the skin?**

The threads are fine and carefully placed so that they cannot be seen or felt.