

Plastic Surgery Bulletin

Timely Information for Patients & Colleagues

LINDA L. ZEINEH, M.D., F.A.C.S.

Certified American Board of Plastic Surgery

February 2020

Minimally Invasive Facial Rejuvenation with Thread Lifts

Many options exist for facial rejuvenation, both surgical and non-surgical. Non-surgical includes injections such as fillers and botox®, skin tightening treatments such as radiofrequency. When there is significant skin laxity and jowls are becoming more noticeable, some patients may want more of a result without having a facelift and the associated downtime.

Thread lifts offer patients facial rejuvenation in a minimally invasive procedure. While the patient is awake, absorbable sutures that are FDA-cleared are inserted through small openings in the skin. The sutures reposition the tissue to a more favorable location, while maintaining a natural appearance. Areas of improvement include the midface, cheeks, nasolabial fold, jowls, and neckline. The sutures also stimulate collagen production to improve volume and the quality of skin.

Recovery

After the procedure, there is minimal downtime. Patients can return to work and normal activity. During the first week, the treated areas on the face are allowed to heal without aggressive skin treatments or massage. Temporary bruising and swelling can occur.

Given the less aggressive nature of the thread lift, the recovery period is much easier and shorter than a facelift. It's also important to understand expectations - aesthetic results from a minimally invasive procedure like thread lifts do provide improvement but are more subtle than a facelift. Also, the results from a thread lift last approximately 1 year, while a facelift has longer lasting results.

A Multi-Modality Approach

Threadlifts work well as part of a multi-modality approach to maintaining a rejuvenated appearance. When repositioning of the facial tissue is part of a regimen that also includes injectables, skin tightening procedures, and skin care, the results are maximized.

During the consultation, facial analysis which includes evaluation of structure, skin laxity, and volume is performed and an extensive discussion is held with the patient, which includes options for procedures and expectations. A thorough medical history is also obtained.

The significant advancements in facial aesthetic procedures gives patients many options for facial rejuvenation. Once the patient is fully informed of the different options, a customized treatment plan is created to proceed forward, with the goal of patient safety and satisfaction.

* References:

- American Society of Plastic Surgeons (<https://www.plasticsurgery.org/news/blog/what-you-need-to-know-about-thread-lifts>)

About Linda L. Zeineh, M.D.

Dr. Zeineh is an active member of the American Society of Plastic Surgeons and the American Society for Aesthetic Plastic Surgery. She combines over 14 years of experience with cosmetic and reconstructive surgery in private practice with new technology and techniques in the care of her patients. Her first priority is the satisfaction and well-being of her patients, providing compassionate and personalized care.

A complete range of non-surgical and minimally invasive rejuvenation procedures are personally performed by Dr. Zeineh on her patients to achieve and maintain a youthful, refreshed, and natural appearance, including facial injections, skin tightening and facial/body contouring. Surgical procedures that Dr. Zeineh performs include: facial rejuvenation, body contouring, reconstructive and cosmetic breast surgery, and reconstructive surgery.

Dr. Zeineh respects your time and your privacy. If you no longer want to receive e-mails such as this one, please [click here](#). Note: Please do not respond to this E-Mail. The reply to E-Mail address is not a monitored account.

Linda L. Zeineh, M.D.
Board Certified by The American Board of Plastic Surgery

[Unsubscribe](#)

1310 W Stewart Drive Suite 608
Orange, CA 92868
Ph. 657.722.1400
Fax: 657.722.1401

Copyright Linda L. Zeineh, M.D.
All rights reserved.