



DERMATOLOGICAL SURGERY

## THREAD LIFTING SIMPLIFIED

*Dr. Ibrahim Ashary<sup>(1)</sup>*

*Ashary Beauty Clinic, Aesthetic, Jeddah, Saudi Arabia<sup>(1)</sup>*

Thread lift is a treatment use for different sections of the face using uni and bi-directional barb or cog threads. It is a safe and effective treatment for sagging and aging parts of the face such as the brows, checks, nasolabial fold, jowls and neck. Because of its ease of use and shorter downtime, most patients prefer this procedure. It is popular among the patients in my practice who prefer less invasive procedure and more conservative approach and result. Considering the sector of the face in which the thread will be attached is also a big factor in thread lifting procedure. It is usually termed as lunch time Ashary thread lifting. I perform it with a common thread in the market and special needle. With a comprehensive understanding of the anatomical structure which contribute to a better pre-operative planning I can achieve an optimal post-operative result in my thread lifting.

