



AESTHETIC AND COSMETIC DERMATOLOGY (LASERS SEPARATE CATEGORY)

## **PLA AND PLA + PLA-CL THREADS: DIFFERENCES, TECHNIQUES AND RESULTS**

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**Background:** Author describes his experience using two different kinds of threads for face rejuvenation: PLA and PLA+CL.

PLA + CL threads seems to be an evolution of PLA suspension sutures but techniques and results are different.

**Materials and methods:** PLA threads have cones grasping the superficial sub cutaneous fat tissue. PLA+CL threads are 2.0 sutures with barbs that do not undermine and notch its integrity. Both threads are bidirectional. PLA+CL suture can be used with a multiple "IN-OUT" points. These options allow changing the direction of the thread and act along two different vectors of tension. This technique is named "J technique" and it is not possible using the PLA threads with cones. In the last two years we treated 126 patients, 42 with PLA and 84 with PLA+CL sutures. Areas of treatment were: Eyebrow 16 pts; Mid and lower face 9 pts; mid, lower and jaw line 39 pts; jawline and neck 20 pts; full face and neck 42.

**Results:** Redness, swelling and bruising are always present for few days; no severe side effects are reported. Downtime is shorter with PLA thread whereas dimple effect is greater with PLA+CL. Good results are achieved with both sutures, however the one obtained with PLA+CL is more evident and remarkable. Both threads are completely absorbed in few months. Results obtained with PLA+CL threads are better and stay longer. After one year follow up 60% of patients treated with PLA required to redo or add threads whereas only 18% patients treated with PLA+CL required a touch up.

**Conclusion:** Threads are good at reaching a lifting effect with a minimal invasive approach even though results don't stay longer than two years. Pre-op marking is mandatory especially with "J technique". Hypercorrection is needed to achieve good results and knowledge of face's anatomy is essential.

