



ABSOLUTE
COSMETIC MEDICINE

THREAD LIFT INFORMATION AND CONSENT

ONLY SIGN IF YOU FULLY AGREE AND UNDERSTAND

WHAT IS A THREAD LIFT?

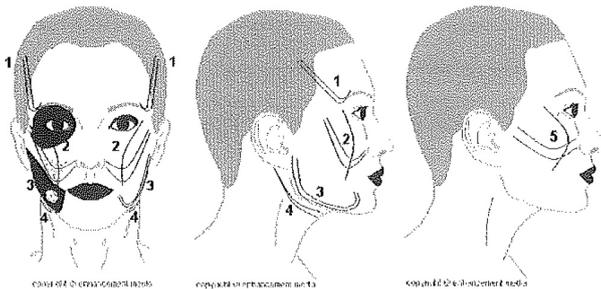
As we begin to age our tissue becomes weakened, we lose facial fat, and the underlying support structure becomes lax and ptotic (sagging). The main areas to suffer this sagging are the cheeks around the eyes, the brows, the jowls and the neck, creating a longer and older looking face. Younger patients suffer from cheek and brow ptosis as well, often prompting them to seek procedures which may be designed for individuals in need of more invasive means.

The threads have cogs or barbs which lie in one direction and "open up" when implanted into the subcutaneous fat and are tugged into place. The tissue is caught slightly in these cogs and is then suspended and lifted. The threads are placed in carefully predetermined areas to support and lift the tissue. Even better, the results are improved over time as your collagen encapsulates and "bunches" around the threads, causing an even further lifting effect.

This procedure is considered much less invasive than traditional mid-face, face and brow lifts, requiring less time in the operating room and less downtime. The thread lift is also becoming popular with younger persons wishing for subtle changes or to possibly delay the signs of aging such as facial drooping.

WHAT AREAS CAN BE TREATED?

The areas which may be treated thus far with threads are the outer brow (1), the cheeks (2), the jaw line (3) and the neck (4). Diagram (5) is an alternate suture suspension technique for the cheeks.



Many patients will not need all of these areas corrected. Common areas for younger patients are the cheeks and brows since they are the first in line to begin their descent. As you age, the lower half of the face begins to sag as well.

ARE YOU A CANDIDATE FOR A THREAD LIFT?

If you are in good physical, emotional and mental health, have normal skin thickness and realistic expectations in wanting to reduce loose, sagging tissue of the face and neck, you may be a good candidate for a thread lift.

Those with considerable laxity may opt for a face, brow and neck lift instead, or combine this procedure with skin resurfacing and fat transfer. Only a qualified professional will be able to determine your needs as an individual.

Also, if you are considering losing weight, you may want to wait until after your desired weight is met. You may need additional lifting or skin removal surgery to alleviate excess skin after you have lost the desired weight, which would mean that the money spent on the procedure, may be wasted.

Most thread lift procedures are performed under regional or local anaesthesia with the addition of an oral sedative. However, increasingly, doctors are using twilight sedation with local anaesthesia.

You will discuss what areas will be treated, such as the brow lift, the cheek or jowl lift or even the neck lift. Every patient is different.

PREPARING FOR YOUR PROCEDURE:

Make arrangements for someone to drive you to and from your procedure. The medications and experience will make you drowsy and dizzy, thereby making it very dangerous for you to drive. You more than likely will not be able to drive yourself home after your procedure.

DOWN TIME:

Patients will find their facial movement limited for the first 2 weeks. It may also hurt to laugh, and no massage or facial pressure is allowed for one month. The maximum tensile strength usually occurs at 21 days.



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THE ROAD TO RECOVERY:

Although threads are not as invasive as other lifting procedures, this procedure will cause swelling and possibly bruising. The area will be sore, puffy and possibly discoloured from the minor intraoperative bleeding (i.e. bruising). You are told not to make exaggerated facial expressions, massage the face, rub the face in any way, not to sleep on the face or disturb the face, if at all possible. Any of the above can disrupt the placement of the threads.

You can resume normal activities (light walking, sitting up, watching television, computer etc.) within the hour and are told to take it easy during the first few days. This means no exercise, no sexual activities, no excessive talking or exaggerated facial movements, no facial massage, no shaving of your face, scrubbing, rubbing, chemical peels, harsh cleansers or sleeping on the face for 5 days.

IN THE MONTHS AHEAD:

There are often immediate results, however; these do continue to improve over a 3-6 month period. This improvement is due to the collagen synthesis and lifting and bunching effect.

RISKS AND COMPLICATIONS OF A THREAD LIFT:

Risks include an allergic reaction to the anaesthetic, haematoma, seroma, infection, palpability of the threads resulting in a tell-tale line, snapping of the thread, or the end of the thread poking out (easily corrected).

COMPLICATIONS (PLEASE INITIAL TO INDICATE YOU ARE AWARE OF THESE):

- Redness and swelling. _____
- Pain persisting and or late onset of pain. _____
- Infection or scarring. _____
- Allergies. _____
- Snapping of the thread. _____
- Protrusion of the thread. _____
- Failure of desired result. _____
- Lumps. _____
- Skin tethering. _____
- The unexpected, and need for further investigation and treatment. _____
- Need for removal or adjustment. _____
- Adjacent structure damage (nerve, vascular or other structures). _____
- Bleeding and bruising. _____

Having discussed the reasonable expectations of thread lift with me, and having had all of my questions answered to my satisfaction, I authorise and direct Dr Glenn Murray and the assistants of his choice to perform this surgery and any other procedure(s) (including anaesthesia) that, in his judgment, may be necessary or advisable should unforeseen circumstances arise during surgery. I understand that the practice of medicine is not an exact science and although good results are expected, there can be no guarantee as to the outcome. I release Dr Murray and all associated staff from Medicolegal liability claims. I will follow the social media policy or pay all legal costs for breach of this policy.

Patient signature: _____ Date: _____

I certify that I have discussed all of the above with the patient and have answered all questions regarding the procedure. I believe the patient fully understands what I have explained and answered.

Witness signature: _____ Date: _____

I cannot dispute what I have read, agreed to and signed above. If I do then I agree to pay all costs incurred by ACM if I breach this agreement.

I agree to follow the ACM social media policy and pay all costs incurred by ACM if I breach this policy.

I understand that photographs are for clinical use only. I am responsible for taking my own photographs for my records. (please initial) _____