

# CONTOUR threads™

The Clear Choice in barbed sutures™

Have you ever looked in the mirror and pulled up your cheeks or the skin above your eyebrows to a higher position and wished it would stay there? Now there is a simple new technique that makes it possible.

Introducing a new era in minimally invasive rejuvenation techniques – Contour Threads™. The only non-absorbable barbed suture product cleared by the FDA for elevation and fixation of midface and brow.



## The Beauty of Contour Threads™

As the aging process begins, the connective tissue thins and collagen and elastic fibers break down. These changes in the support structures appear as sagging, deep creases, folds and wrinkles that can appear in your thirties.

A procedure with patented Contour Threads™ is a safe, conservative and effective one that offers subtle, natural-looking results. These specially designed sutures are fashioned from clear polypropylene, a material that has been safely used in the body for many years in other medical products. By gently shifting sagging tissues in an upward direction, this technique allows the surgeon to produce a relaxed, fresh appearance while preserving and enhancing the natural contours of your face. This procedure does not replace a conventional facelift; rather it offers patients an innovative, minimally invasive approach.

A consultation with a cosmetic surgeon who has been fully trained in this procedure is the first step. To ensure a high level of safety and accuracy, all physicians must complete a training course on the surgical technique before using Contour Threads™.

In general, the best candidates for this procedure include both women and men in their thirties through their sixties who want a more youthful appearance, but do not want a conventional full facelift or browlift procedure.

### Possible indications may include:

- Moderate drooping of the soft tissues of the brow and face
- Poorly defined upper and mid face contours

### What areas can be treated?

#### Contour Threads™ are used for:

- Repositioning sagging cheeks
- Lifting sagging eyebrows
- Adjusting asymmetric brows & face

### What are "barbed" sutures?

Unlike conventional sutures which are smooth, Contour Threads™ have tiny barbs or cogs, that are spaced evenly apart. Once inserted under the skin, they are fixed in an umbrella-like fashion and with tension creates suspension that gently lifts sagging tissues of the brow and face.

### How do they work?



Due to the unique design of the cogs of Contour Threads™, the surrounding tissues act to hold the threads in place without the need for visible scars. For the midface procedure, the surgeon makes a tiny incision close to the ear and the threads are advanced along the previously marked contours toward the chin and jawline so they create a firm hold on the underlying tissues without causing additional trauma. The cogs do the work of holding, by being fixated to tissue as they are softly contoured into place.

Once in position, your body generates new collagen bundles that surround each thread to maintain the lifting effect. The exact placement of the threads will vary from patient to patient. Unlike other thread products, Contour Threads™ are clear in color so they are not visible under fair or thin skin.

### How long does the procedure take?

The procedure is quick and usually performed under local anesthesia, and if desired, light intravenous sedation. The actual length of time will depend on the number of threads used. A typical procedure usually takes about 60 minutes to perform.

### How long is the recovery?

In most cases, there is minimal discomfort, bruising and swelling. Ice compresses are recommended for the first 24-48 hours. Patients can usually return to work or normal activities in a few days to one week.

### How many treatments will I need?

Usually only one procedure is needed to achieve the desired lifting effect.

### How long do the results last?

Duration varies depending on the age of the patient at the time of the procedure, the degree of sagging, and the number of threads used. Additional threads may be added as needed.

*What are the possible side effects?*

The Contour Threads™ procedure is a simple procedure to perform. Complications are rare and will be less likely with an experienced surgeon. Since this technique is entirely reversible, unwanted effects are usually easily corrected under local anesthesia.

*Can this procedure be combined with other cosmetic procedures?*

This is a stand alone procedure. It is not uncommon to have this procedure combined with botulinum toxin to reduce facial muscle activity, dermal fillers such as hyaluronic acid or fat to enhance volume, or peels and laser therapy to improve skin texture. Liposuction of the neck are some of the other procedures that can be done in conjunction with a Contour Threads™ procedure.

*Will I still be able to have a conventional/traditional facelift or a browlift at another time?*

Absolutely. Developed by a board certified plastic surgeon, the unique design of ContourThreads™ allows a traditional facelift or browlift procedure when you are ready.

**Ask your surgeon for Contour Threads™, the only FDA approved barbed sutures.**



[www.contourthreads.com](http://www.contourthreads.com)  
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*A New Era in  
Aesthetic Enhancement*

