

Thesis Title	The Effectiveness of Polydioxanone (PDO) Thread for Face Lifting: A Pilot Study
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ABSTRACT

The most effective way to treat sagging face is facelift operation but there are long downtime and a lot of risks then a lot of minimal invasive procedures were develop, thread lifting is the one of them. Nowadays polydioxanone thread was used to insert into skin in small and short piece for face lifting but this method lack of evidence base study to confirm the result. In order to determine the effectiveness and size effect of polydioxanone thread.15 Thai patients with facial laxity age between 35–55 years old were enrolled then treated with polydioxanone thread in cross technique (reticular pattern) 80 threads whole face. Patients were followed up for 4, 12 and 24 weeks after the treatment. Clinical outcomes were evaluated by compare a photo, which took by VISIA, between before, and after treatment by 3 independent doctors, skin elasticity was evaluated by Cutometer MPA580 and patient satisfaction was evaluated by questionnaire after treatment. The result found that at 4 weeks 6 patients were improvement and increase to 11 patients at 12 weeks and still the same result at 24 weeks. The skin elasticity decreases with time but returns to normal at 24 weeks. The most common side effect was mild swelling and bruising. Two patients had a few nodules on their face that completely resolve at 12 weeks, there was no serious complication. We can conclude that the polydioxanone thread lift may be one

of the alternative choices for minimally-invasive face lifting. It is easy to perform under topical anesthesia. It has minimal downtime and low risk of complication. This method is effective for improving jawline, marionette line and midface area but not for skin elasticity. This method is not appropriate for patient with too much sagging and need to combine with other modality to improve aesthetic outcome.

Keywords: Polydioxanone (PDO) thread/Face lifting/Thread lifting

