

# PDO Thread Lift Certification Course



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WELCOME!!! PLEASE WEAR YOUR FACE  
MASKS.

Videos ARE Permitted.

Let us Know if you have ANY questions!

# R3 Stem Cell and Aesthetics

## PDO Thread Lift Certification Training

This one day course will include didactic and hands-on training.

The lecture portion will include:

- ❖ The history of PDO threads,
- ❖ Indications for use,
- ❖ Prevention and management of complications,
- ❖ A comprehensive patient demonstration will be performed followed by individual hands-on training for each attendee.



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## PDO Thread Course Syllabus

- ❖ Course objectives
- ❖ History of PDO threads
- ❖ Why providers should learn PDO thread lifting
- ❖ Revenue PDO threads can generate
- ❖ Benefits of PDO threads for patients
- ❖ Types of PDO threads
- ❖ Facial anatomy
- ❖ Skin changes with aging
- ❖ Patient selection and evaluation
- ❖ Indications/contraindications
- ❖ Which thread for which area
- ❖ Proper skin preparation and insertion
- ❖ How to manage and treat adverse reactions



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## Thread Lifting Course Objectives

- ❖ Patient assessment, evaluation and consultation for facial thread lifting
- ❖ Indications and contraindications for facial thread lifting
- ❖ Instruction on the anatomy, neurophysiology, musculature and circulatory system of the oral and maxillofacial areas
- ❖ Proper thread selection for facial areas treated
- ❖ Proper facial cleansing technique and thread placement procedure
- ❖ How to manage and treat adverse reactions



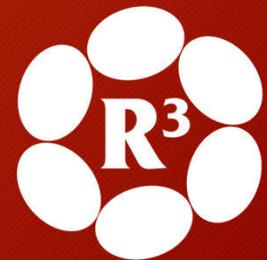
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## History of PDO Threads

Surgical rejuvenation dates to 1911 but the use of midface suspensions for facial augmentation is a more modern practice, dating only to 1998.

Early thread lifts used non-absorbable materials so they were not very popular due to their permanence.

Dissolvable PDO materials were introduced in 2011 and quickly gained popularity.



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## Benefits of Learning PDO Threads

The procedure is in demand and requires a certification from a trained professional before it can be performed.

By attending this certification course, you can charge a premium for this safe non-surgical treatment that creates dramatic results for patients.

Furthermore, most practices do not have a PDO threading trained practitioner on staff, so competition is almost nonexistent at this time.

Patients love this treatment because it's quick, non-surgical, no recovery time, and results last 1-2 years.



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## What Kind of Revenue Can PDO Threads Generate?

<u>Indication</u>	<u>Time</u>	<u>Average Revenue</u>
Eyebrow lift	15 - 30 mins	\$1200
Smoker lines	15 mins	\$500 - \$800
Check lift	15 - 30 mins	\$1500
Jawline jowls	15 - 30 mins	\$1500
Nasolabial folds	15 - 20 mins	\$1200
Marionette lines	15 mins	\$1200
Lower face lift	30 mins	\$2500
Neck lift	30 - 45 mins	\$2000 & up



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## Benefits of PDO Threads

- ❖ Non-surgical facelift
- ❖ No downtime
- ❖ Cost \$1500-\$3000 vs traditional facelift cost of \$25,000-\$35,000
- ❖ Minimal discomfort during thread insertion
- ❖ Minimal time to do procedure
- ❖ Lasts 1-2 years
- ❖ Can be performed on many areas of concern:
  - Upper face: eyebrows, hooded eyes, forehead
  - Mid face: nose, crowsfeet
  - Lower face: nasolabial folds, marionette lines, lip lines, jowls
  - Neck: remove neck lines and tighten neck
  - Décolletage: remove lines
  - Breast lift



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## Types of PDO Threads

1. Smooth
2. Barbs
3. Sharp
4. Cannulas

- ❖ PDO threads lift skin and cause collagen formation.
- ❖ Threads dissolve in 30-60 days

What is PDO?

PDO is Polydioxanone.

It has traditionally been used as a biomedical application, specifically during cardiothoracic surgery.



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## What Makes PDO Threads special?

PDO threads absorb easily and they do not leave behind an ugly scar.

The difference between a facelift and thread lift:

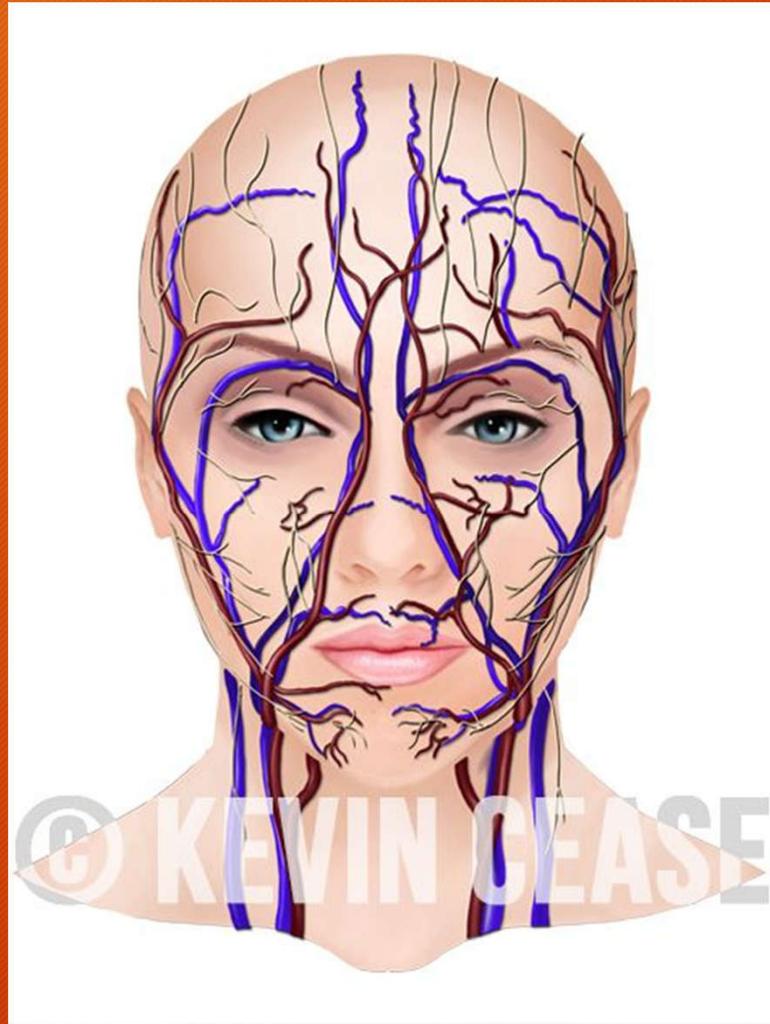
- ❖ Facelift is surgical and thread lift is non-surgical
- ❖ Facelift cost \$25,000+ and thread lift cost \$1500-\$3000



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# Facial Anatomy

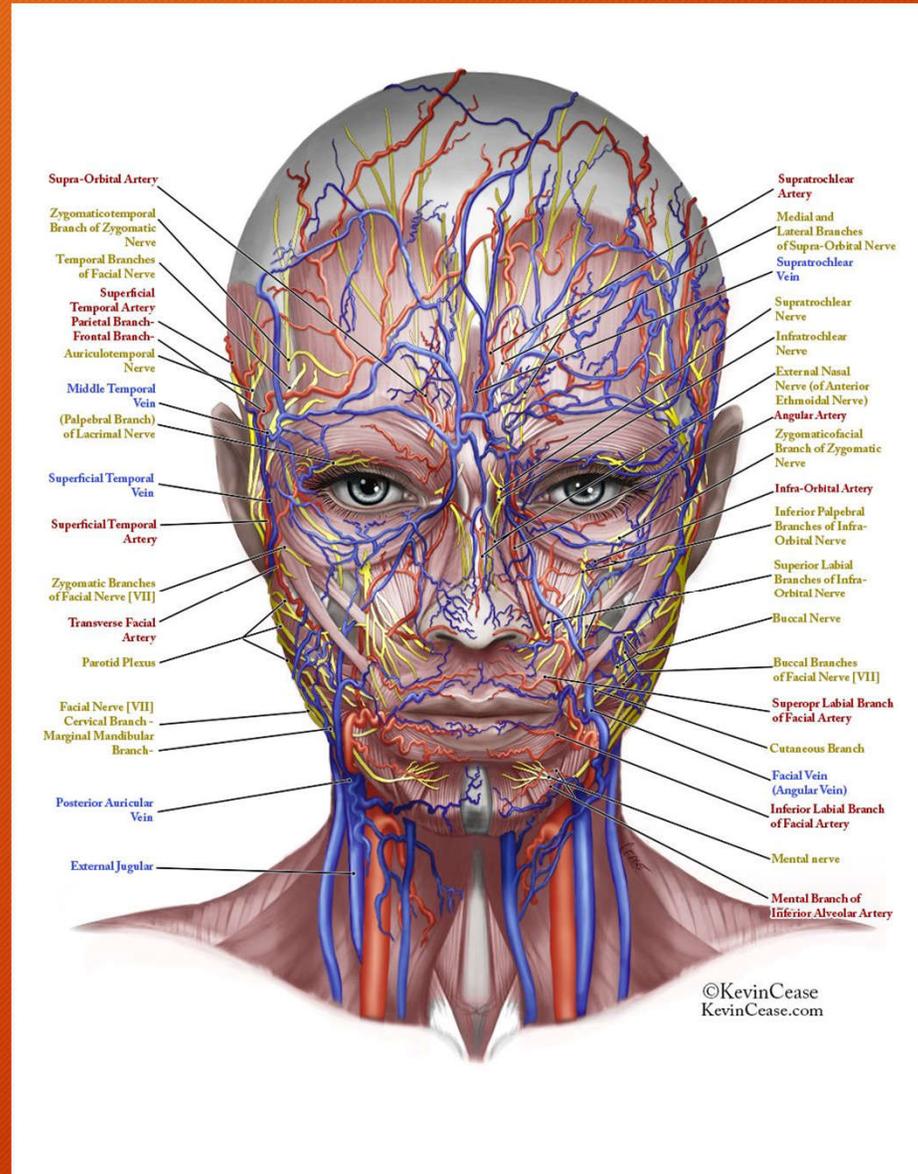
## Facial Vessels



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# Facial Anatomy

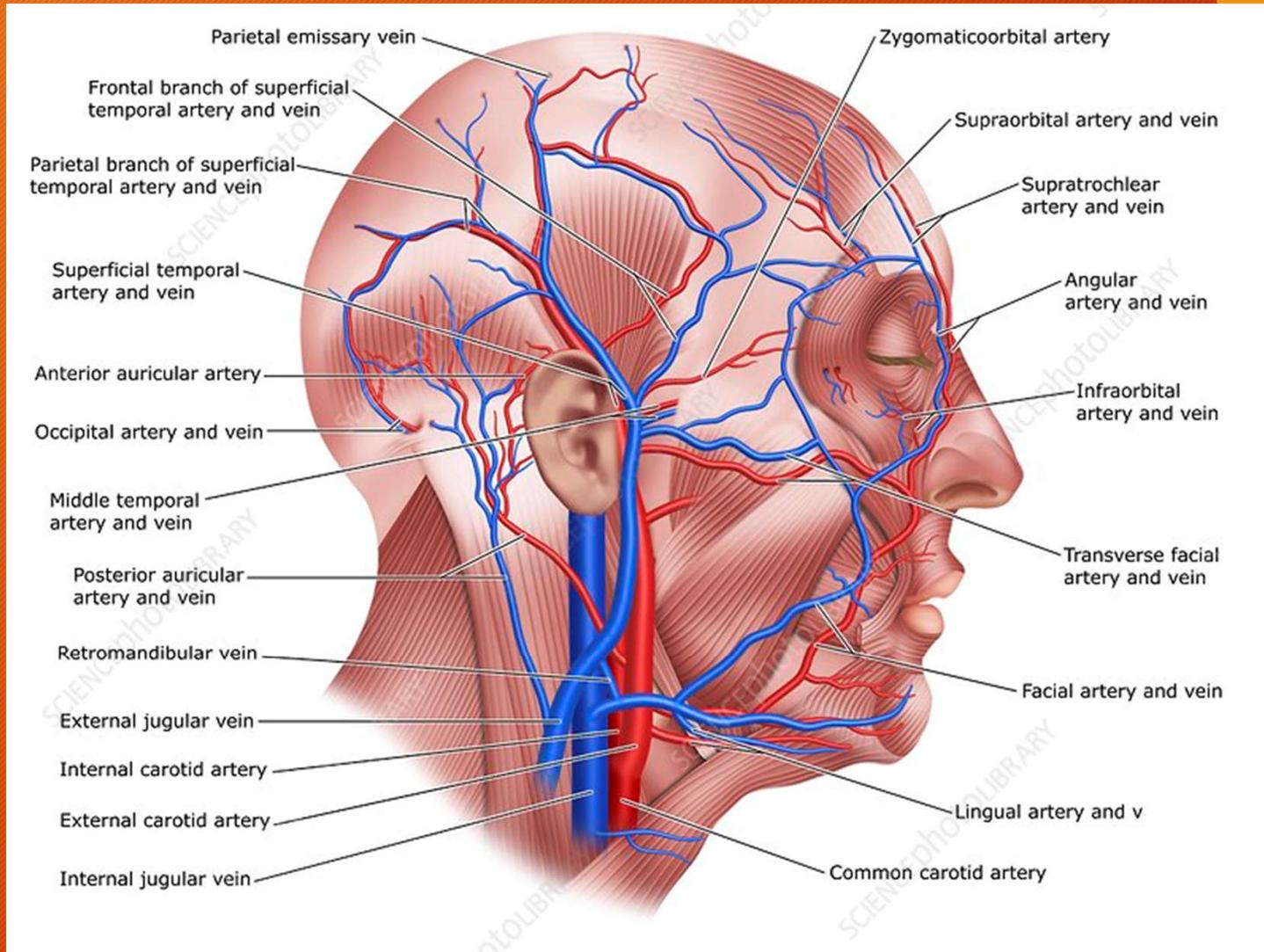
Know where the facial vessels are and how to avoid them.



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# Facial Anatomy

## Facial Vessels



# Facial Anatomy

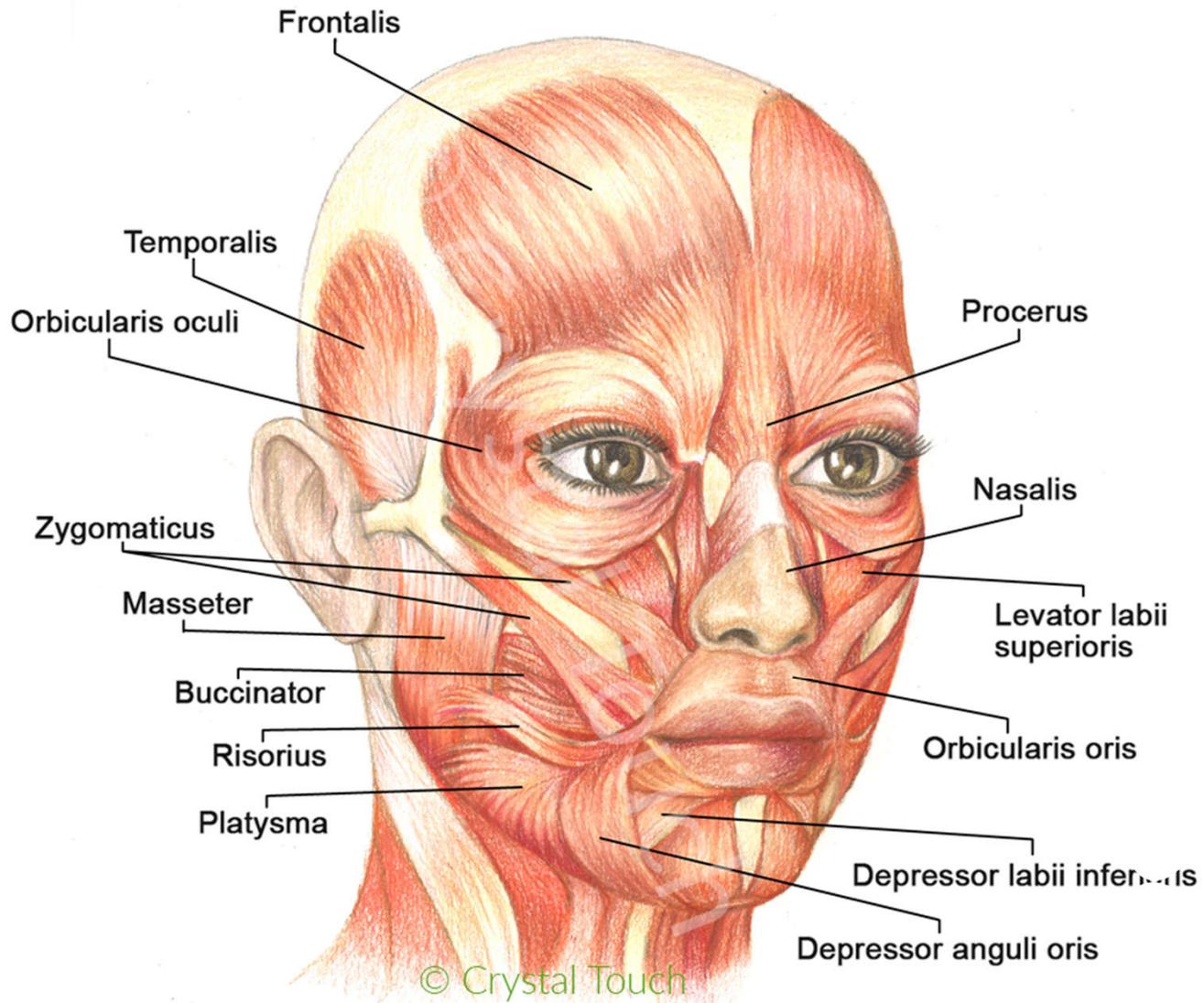
## Line and folds



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# Facial Anatomy

## Facial muscles



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# Facial Anatomy

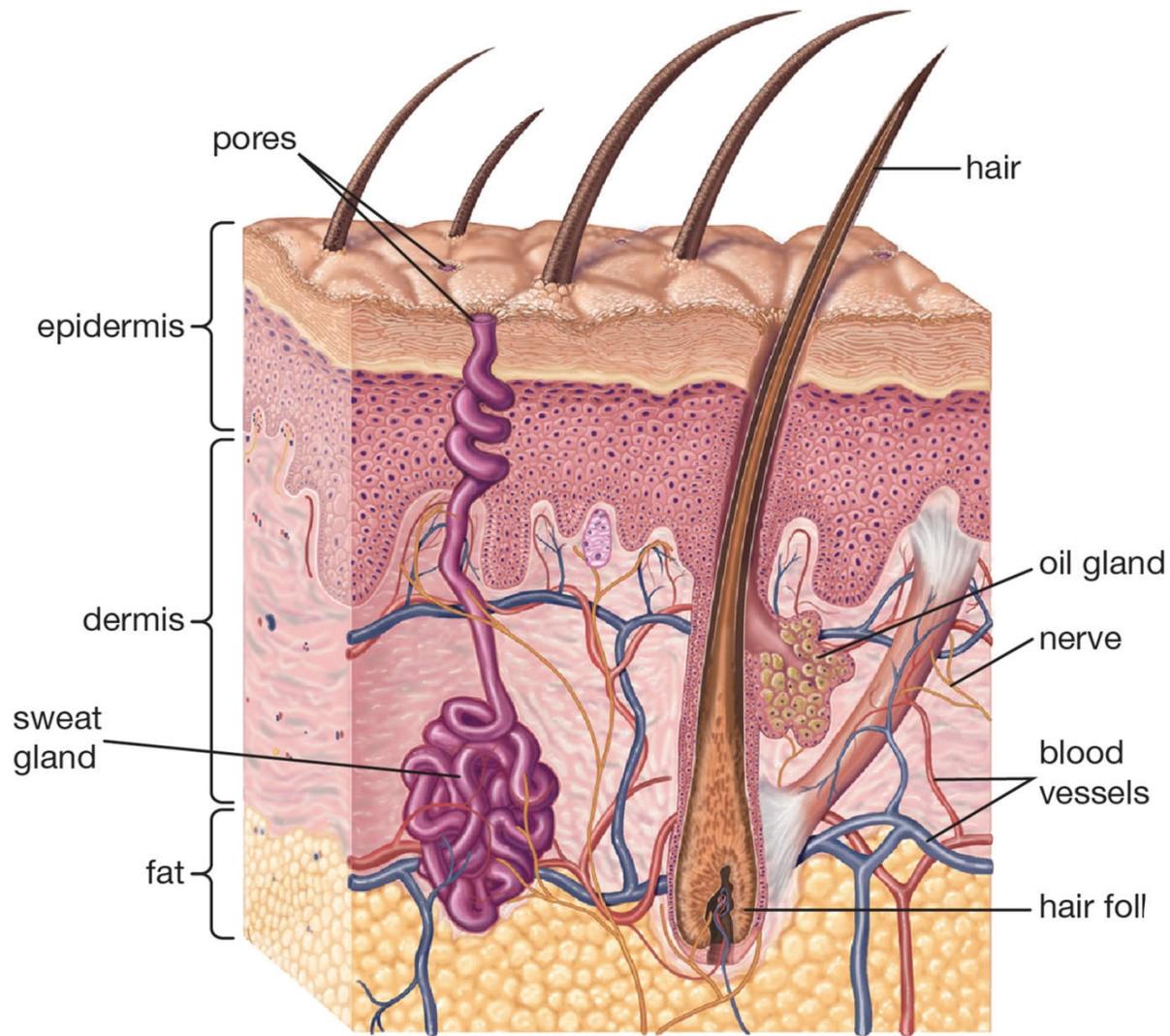
## Fat pads



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# Facial Anatomy

## Layers of skin



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## Facial Anatomy

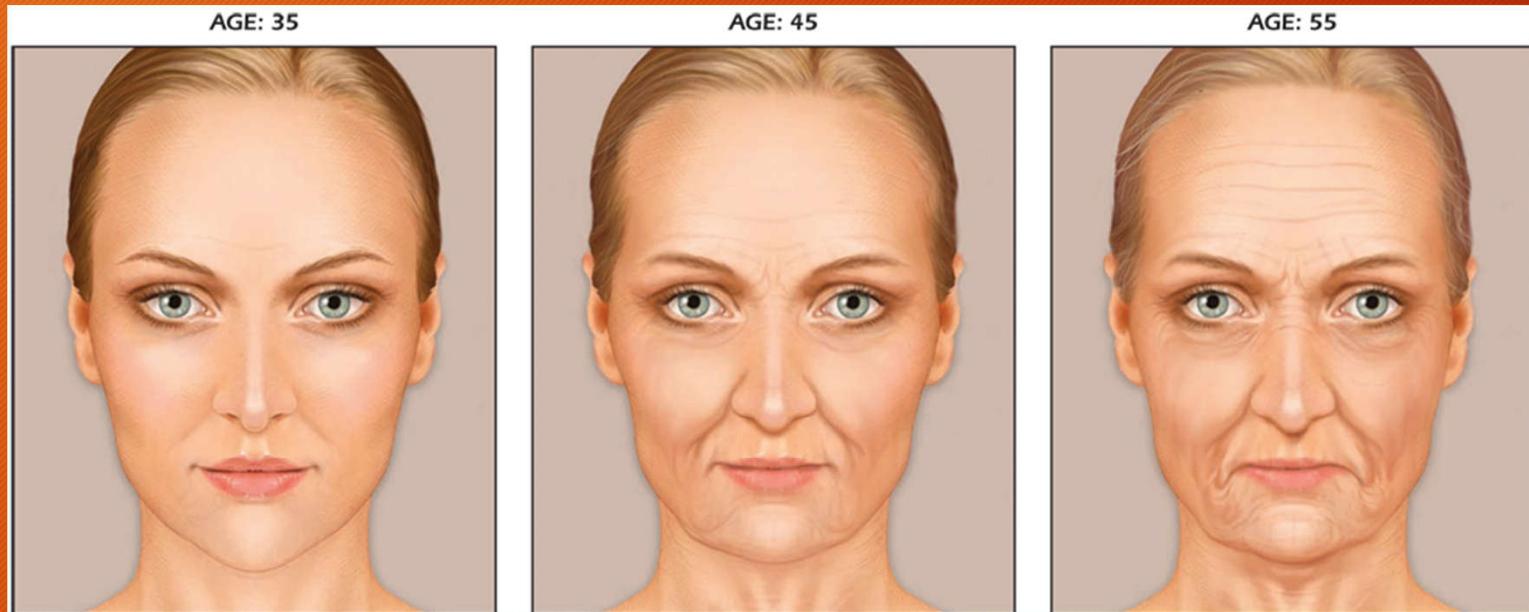
Threads are inserted into the sub dermal area. There are not a lot of nerves and blood vessels in this area, so there is not a lot of pain.



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## Skin Changes That Come With Age

As we age, the loss of elastin and collagen in the skin cause the skin to hang loosely. The epidermis thins and causes the skin to be more transparent and more fragile.



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## Skin Changes That Come With Age

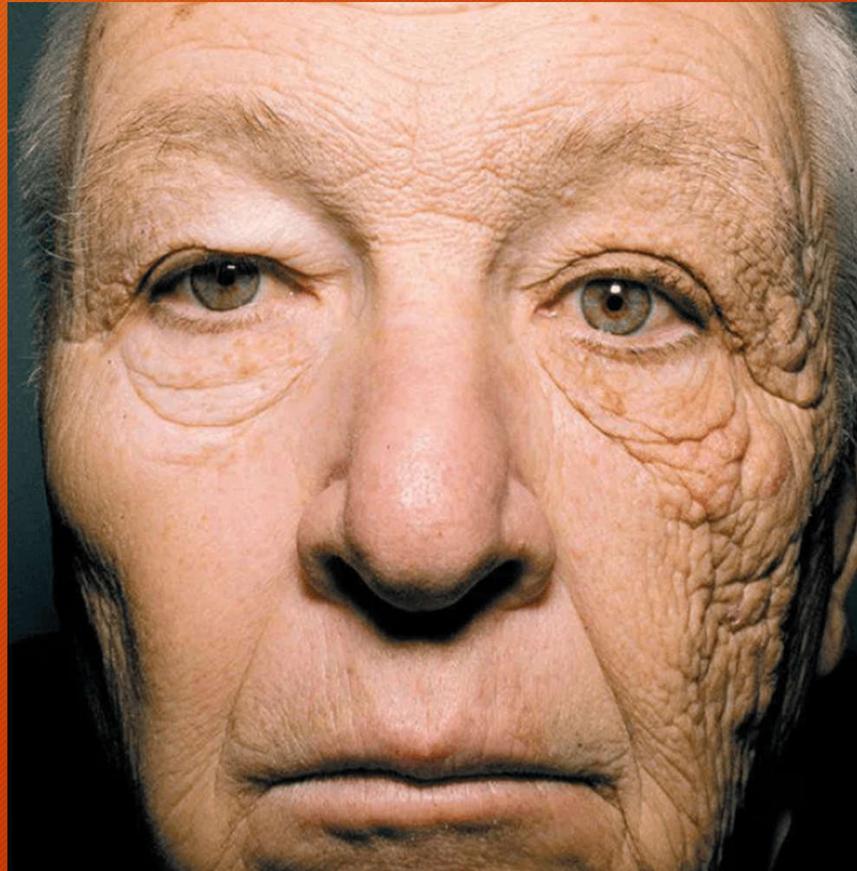
The underlying layers of fat in the face also diminish, making the face look less filled out.



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## What Causes the Skin to Age?

Ultraviolet radiation speeds the natural aging process and it is the primary cause of early wrinkling. Here is a picture of a long term truck driver. The left side of his face is significantly aged compared to right.



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## Patient Selection

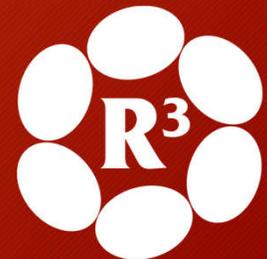
The ideal patient is a thin to medium patient with loose skin. Heavy patients with thick folds are more challenging but can be done.



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## Indications for PDO Thread Lifting

- ❖ To lift aging skin
- ❖ Cause collagen stimulation
- ❖ Smooth fine lines and folds
- ❖ Brighten skin tone
- ❖ Instant and sustained increase in volume



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## After Care

- ❖ Avoid hot baths/showers for 1 week
- ❖ Avoid facial massages for 1 month
- ❖ Avoid lasers, IPL, RF, and other energy-based treatments for 1 month



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## Contraindications to PDO Threads

- ❖ Autoimmune disease
- ❖ Hepatitis B and C
- ❖ HIV Infection
- ❖ Pregnancy and breastfeeding
- ❖ Anti-coagulation therapy
- ❖ Existing infection
- ❖ History of keloid formation



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## Which Thread Should I Use?

- ❖ Eyebrow lift: 27G 2 ½”, 23G 2” bibarb
- ❖ Nasolabial fold: 23G 3 ½”, 21G 4”, 19G 4” all bibarb
- ❖ Crows feet: 31G 1” smooth
- ❖ Smokers lines: 31G 1” smooth
- ❖ Marionette lines: 27G 1” smooth, 21G 4” bibarb, 23G 3 ½” bibarb, 31G 1” smooth
- ❖ Jawlines: 21G 4” bibarb, 19G 4” bibarb

All of these selections depend on the patient evaluation and consultation.



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## Skin Preparation

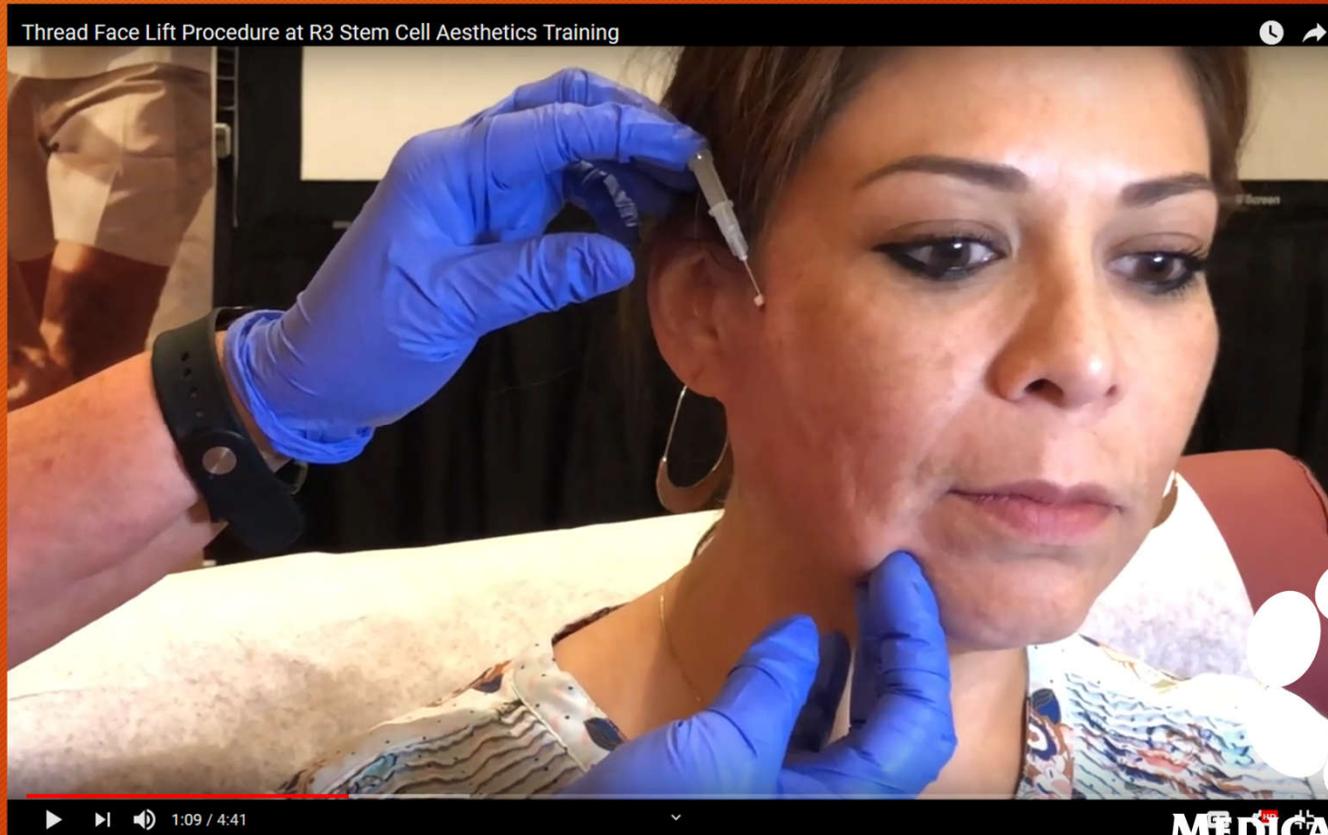
- ❖ Cleanse the skin thoroughly with either Provodine, witch hazel, or alcohol.
- ❖ Skin cleansing and preparation is very important to help prevent subsequent infections, etc.



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## Thread Insertion

- ❖ Threads are inserted into the sub dermal tissue along the area to be treated.
- ❖ Push down on cannula to raise thread.
- ❖ Pull up on cannula to lower thread.



## Management of Adverse Reactions

- ❖ Use lidocaine with epinephrine to help decrease bleeding and bruising.
- ❖ Use ice to help decrease pain and bleeding.
- ❖ Always have ammonia, steroids, and diphenhydramine (Benadryl) on hand for emergencies.
- ❖ Have patient back for follow-up in 1-2 weeks.



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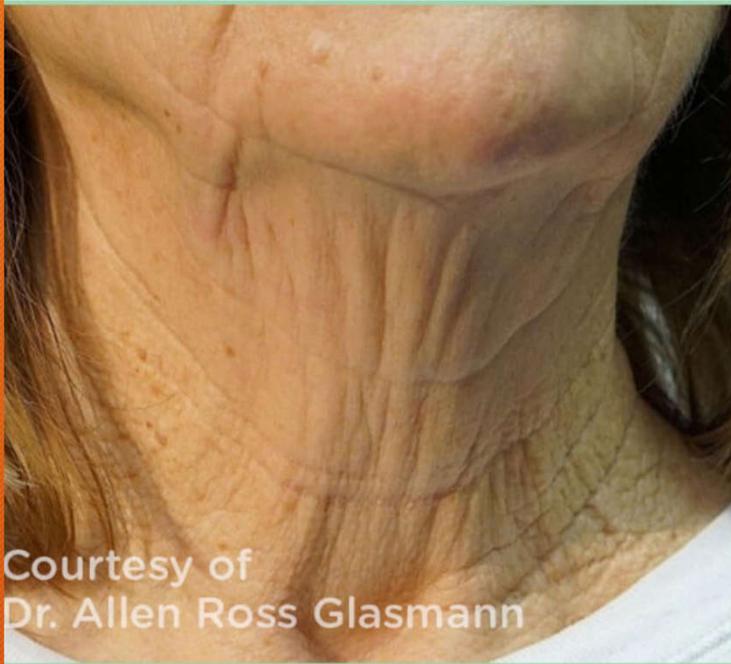


BEFORE

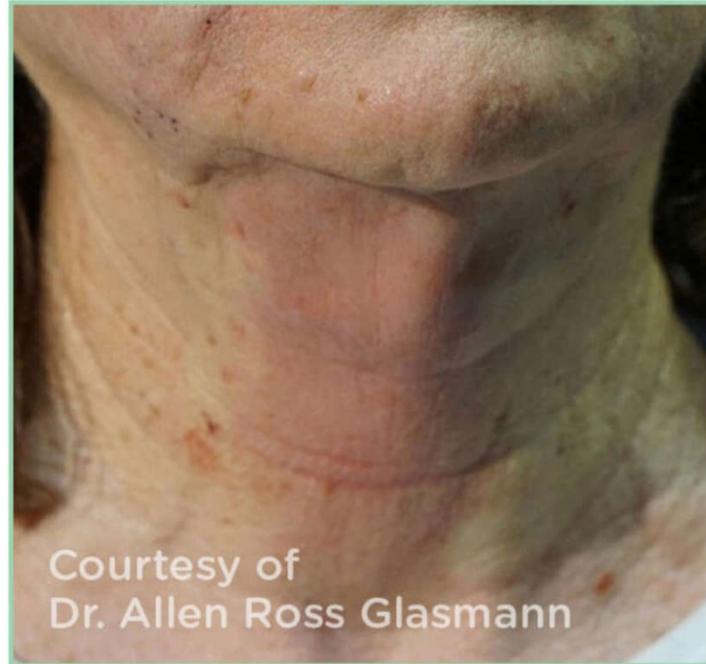
10 DAYS



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Courtesy of  
Dr. Allen Ross Glasmann



Courtesy of  
Dr. Allen Ross Glasmann

↑ Sagging Neck, immediate results



CLICK TO CALL



REQUEST



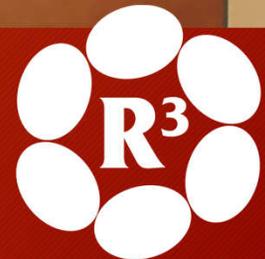
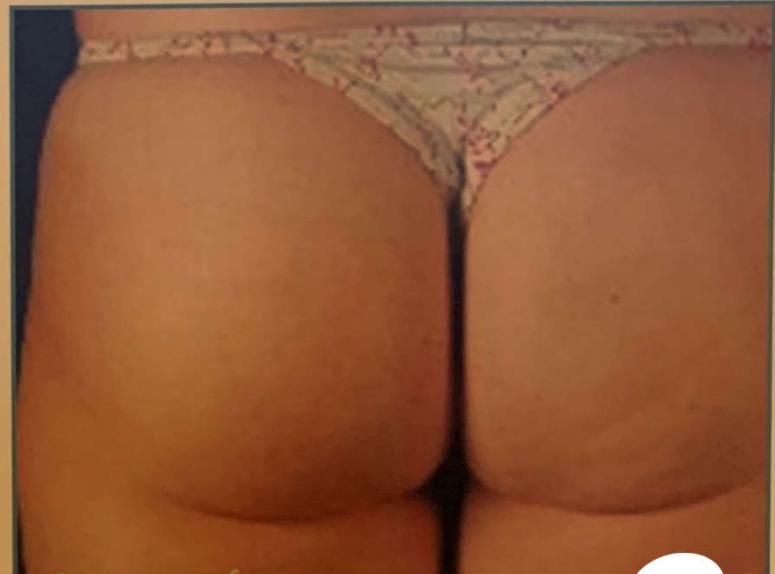
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Buttocks lift, 6 weeks result



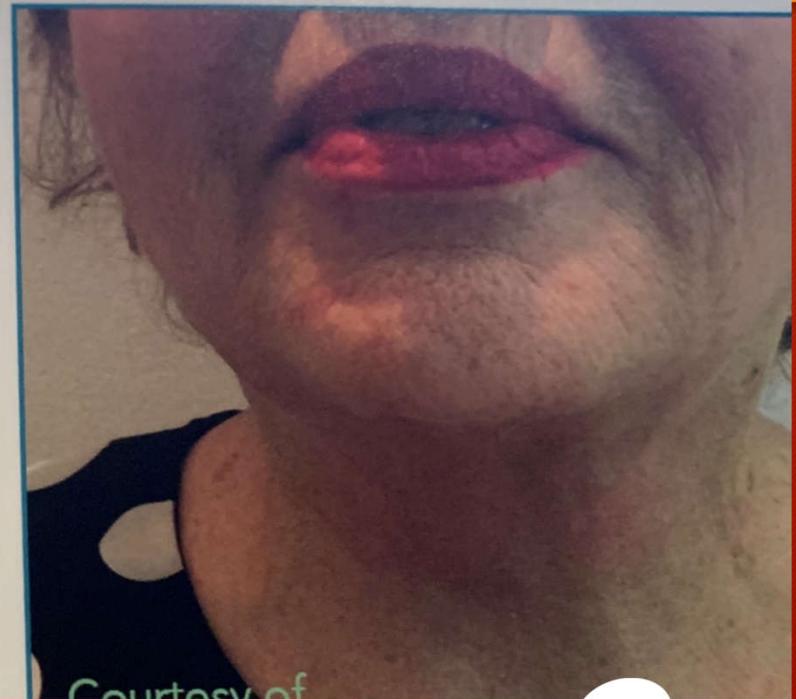
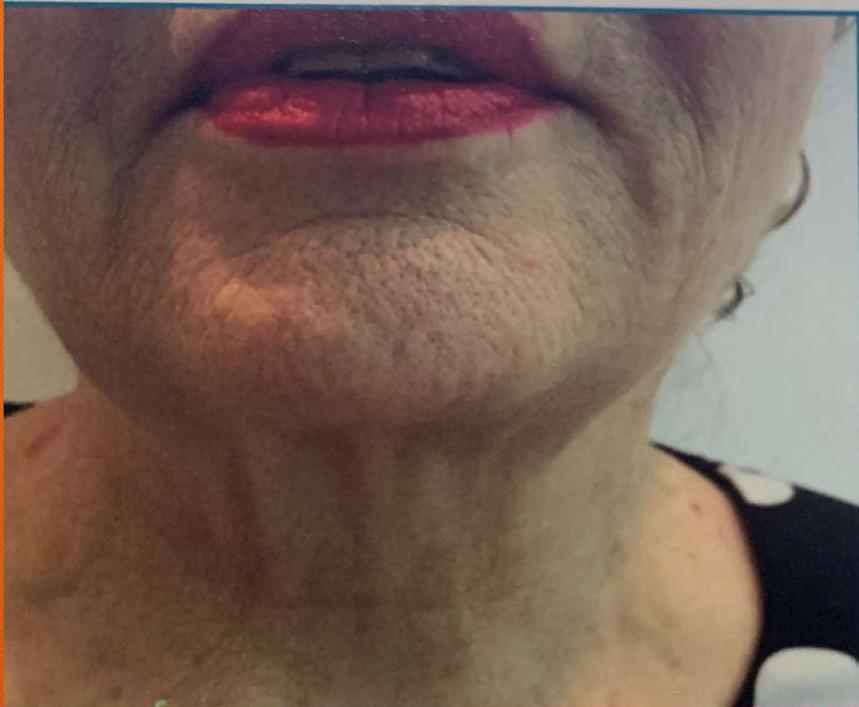
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BEFORE & AFTER



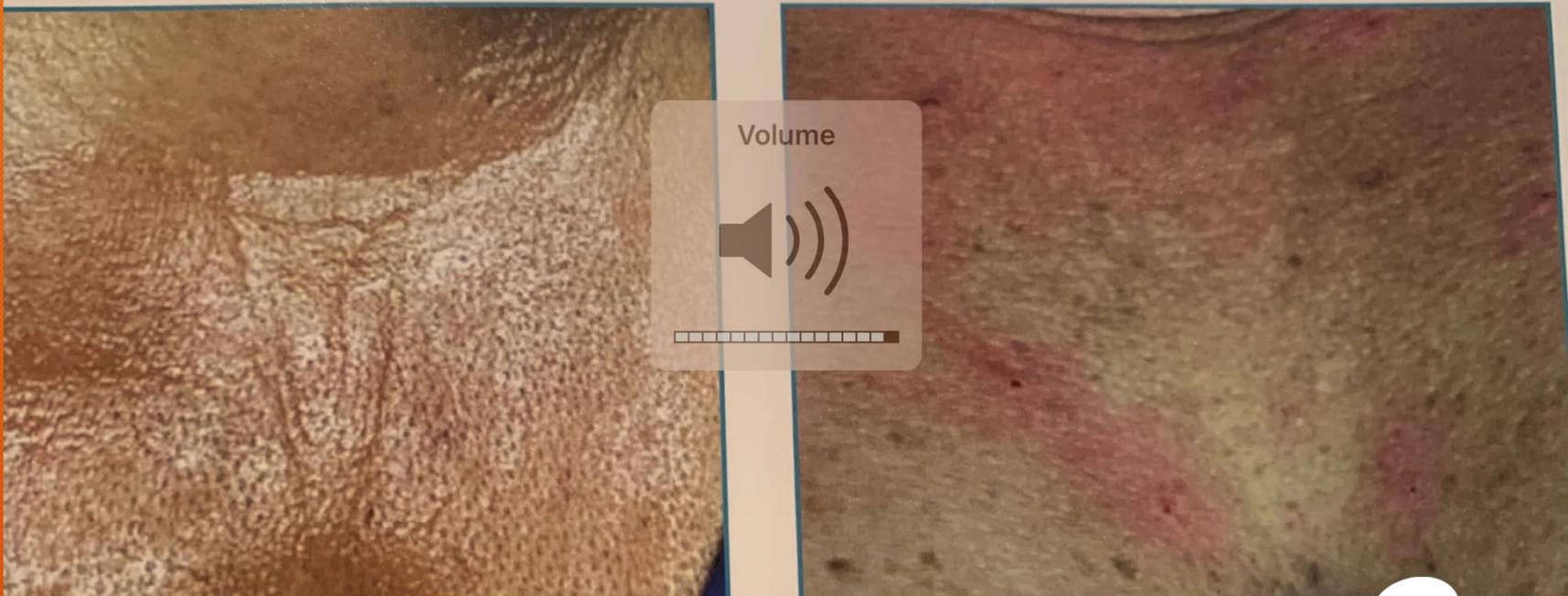
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BEFORE & AFTER

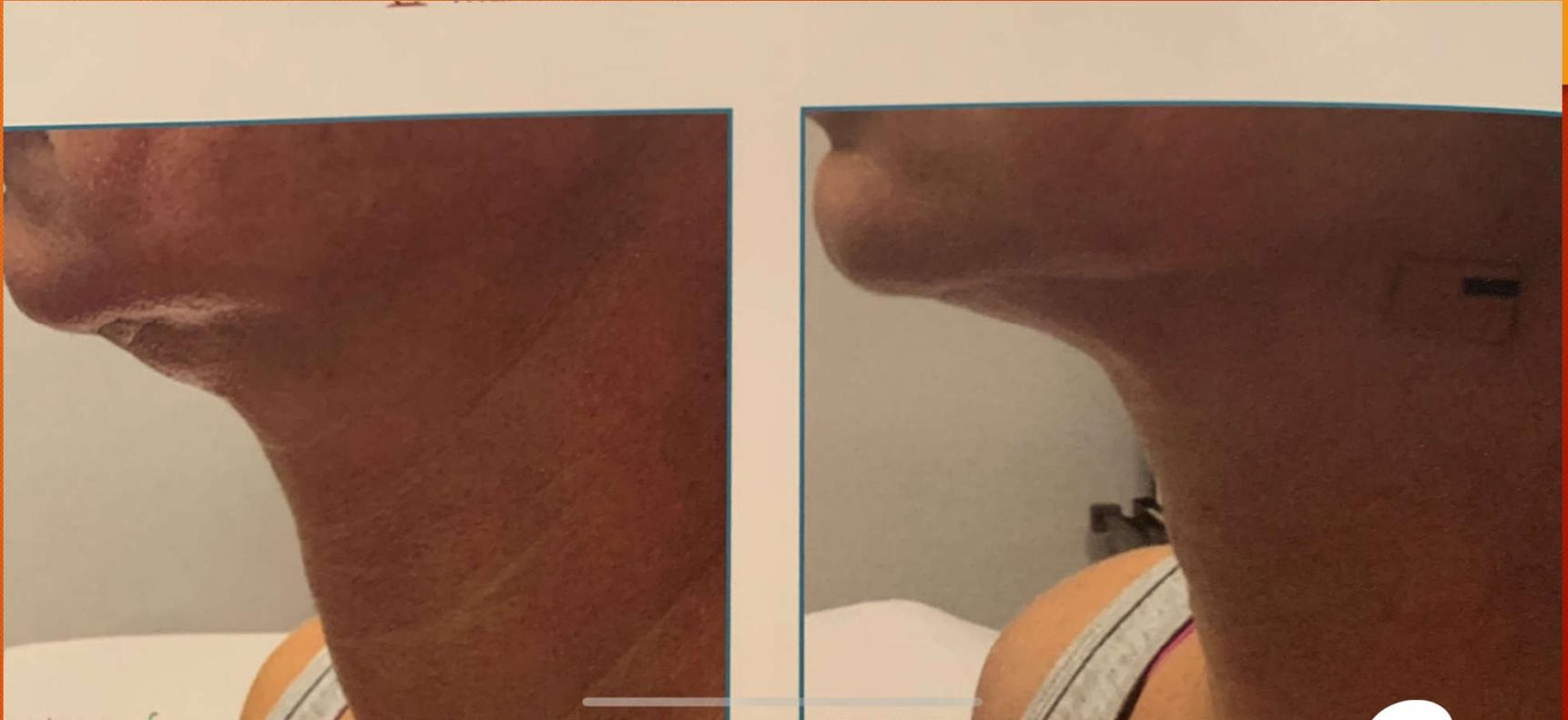


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Neck lift, immediate result

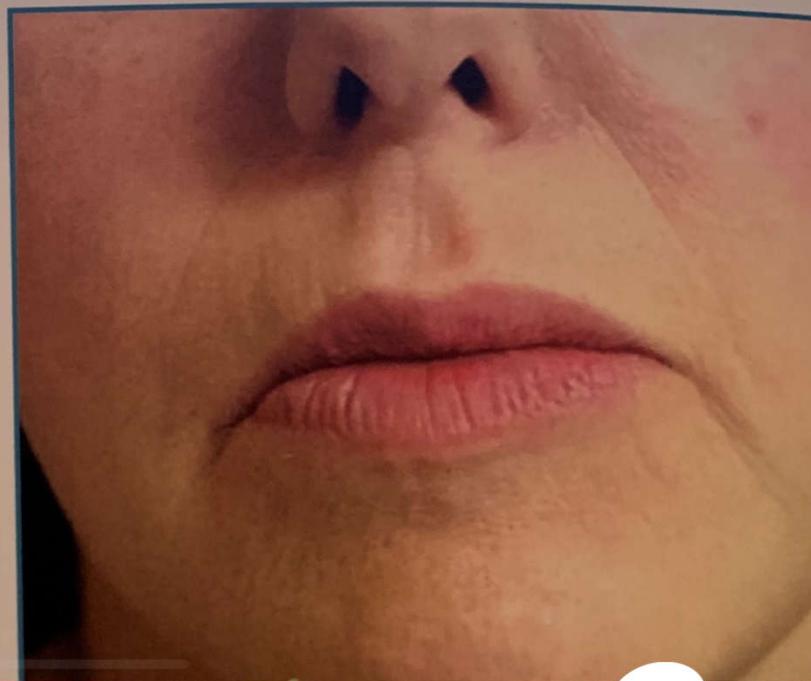


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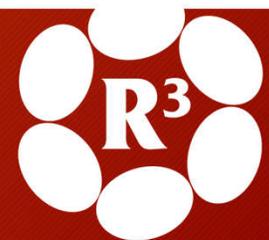
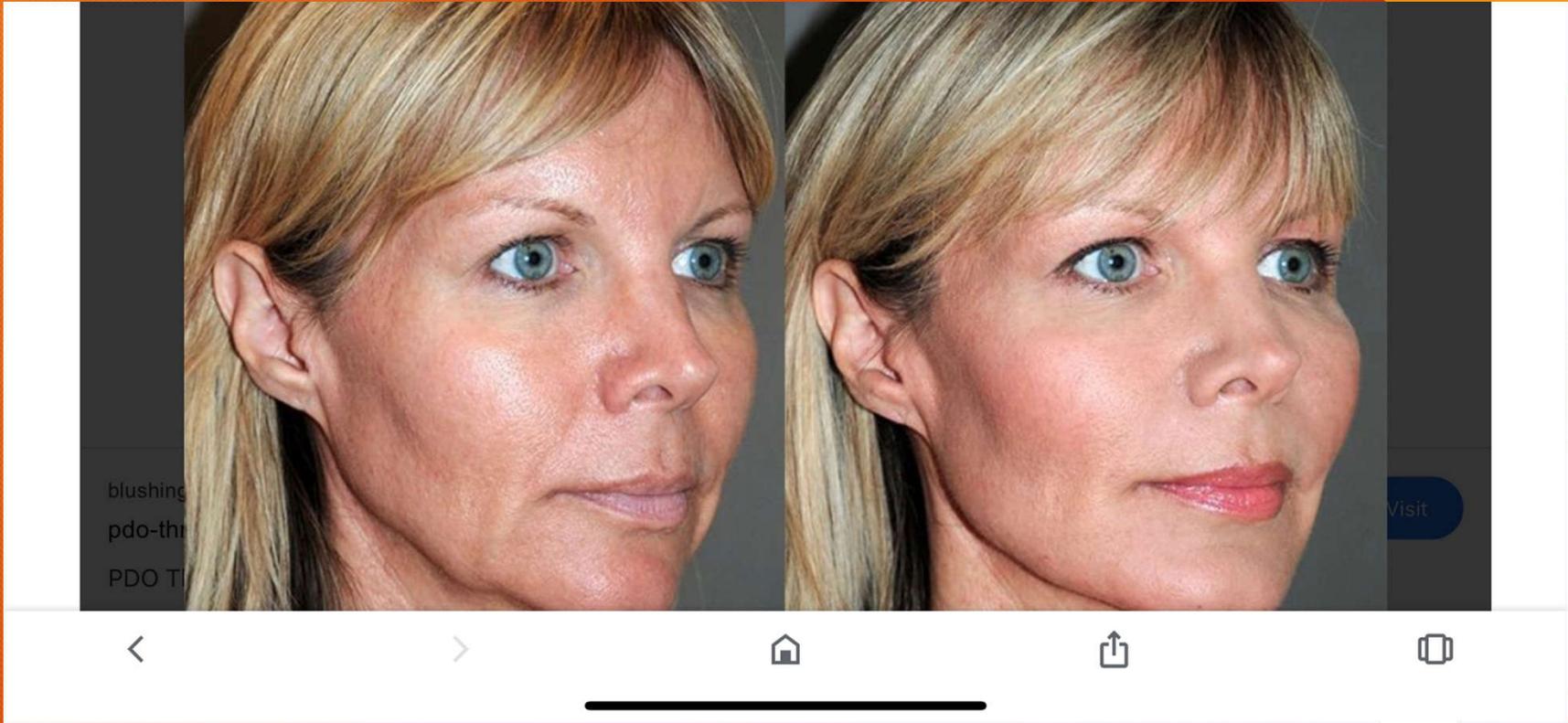
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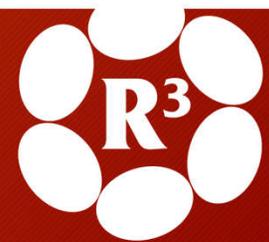
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