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# Scarless Thread Lift



Venus Doctor  
Pioneers New Thread Lift  
Procedure in Ireland

## LOOK BETTER, FEEL BETTER!

Have you ever looked at yourself in the mirror and lifted your eyes, brow, jowls or neck a little? Just a centimetre or two takes years off! You looked so refreshed, so youthful, if only it would stay there! Perhaps you are curious about face, brow or neck lift surgery, but don't fancy the idea of having a general anaesthetic, enduring weeks of swelling and bruising or visible scars. Now there's a real alternative, Dr Peter Prendergast at Venus Medical Beauty trained under one of the best surgeons in the world, bringing a revolutionary new thread lift procedure to Ireland.

The results are subtle but beautiful, and with none of the scars or bruising associated with open surgery. Although it cannot stop the aging process, it can give you a younger, more vital appearance, could it be the little lift you're looking for?

Our thread lift procedure is often done in conjunction with other procedures, such as fillers or chemodener-vaion treatments.

# Serdev Thread Lift

These scarless thread lifts are very different to other thread lifts that lift only skin or fat. During the Serdev thread lift, moveable tissue such as SMAS (thin layer enveloping the muscle) is secured to stable structures providing instant results. Venus Medical Beauty is currently the only clinic in Ireland performing the Serdev method of thread lifting. The Serdev thread lift increases definition of the jawline, raises the outer corners of the eyes and lifts mild to moderate sagging of neck tissue, improving overall facial proportions and definition that results in a more youthful and pleasing appearance.

Temporal, mid and lower SMAS face lifts, eyebrow lift and neck lift are performed using sutures placed under local anaesthesia. Our surgeons trained under world-renowned cosmetic surgeon Professor Nikolay Serdev in Bulgaria to perfect these techniques. The surgery leaves no scars and you can return to your normal activities immediately. During consultation with a doctor you will be assessed to determine if you are suitable for this procedure.

## How is Serdev thread lift different to the others?

The hallmark of the Serdev technique is that the moveable tissue is lifted and secured to stable structures, providing a secure lift. In the face and neck, the SMAS (subcutaneous musculoaponeurotic system) -- a thin but strong sheet of tissue that envelops the muscles -- is grasped and lifted with threads secured to periosteum, the lining of bone. This is a more difficult technique to other thread lifts that simply lift skin or fat, but skin and fat are weaker than SMAS and are unlikely to hold as well. The thread used in the Serdev technique does not have cones or barbs, and can therefore easily be removed if required. Additionally, the thread dissolves in 2-3 years, leaving no foreign material behind. Instead of incisions, only tiny punctures are made during the Serdev thread lift and these heal to become practically invisible. The Serdev thread lift is also performed under local anaesthesia and is therefore painless.

## What areas can be lifted with the Serdev thread lift?

The Serdev thread lift is a total rejuvenating procedure and lifting several areas provides a subtle but beautifully overall effect, without looking obvious. Individual areas that can be lifted include the corners of the eyes and temples, the brow, upper cheeks, heavy nose-to-mouth folds, the jowls and the neck. These can all be done during the same procedure if desired.

# Seeing is believing ...



Before and after images are of actual Serdev thread lift patients who have consented to our use of their photographs. Results vary from patient to patient.

## What do I look like after the Serdev thread lift?

The results of the procedure are immediate. You will see an improvement and lifting effect straight away after the procedure. However, there is usually a little swelling and sometimes redness where the punctures have been made. There is also some temporary bunching of skin in front of the ear near the hairline after a mid-face lift (to lift jowls). This can easily be covered with hair and smooths out in 1-3 weeks. Bruising is usually very minimal or absent.

## When can I return to work/normal activities?

Apart from being careful with the lifted areas during the first month, for example taking care not to rub vigorously or massage, you can get back to your normal life straight away. If you worried that you might have a bruise or a little bunching of skin, you should arrange to take 2 or 3 days off work to relax. Because the punctures made are so tiny, there are no stitches necessary and therefore nothing to be removed afterwards.

## What are the potential complications or side-effects?

The thread lift procedure should only be performed by doctors specifically trained to perform the procedure. In experienced hands, complications are very uncommon. As with any injectable or minimal invasive procedure, there may be swelling, bruising and some pain afterwards for a few days, but these are usually mild. Some stretching of sensory nerves to the skin can cause a temporary patchy numbness in the treatment area that resolves gradually. There is a theoretical risk of trauma to the facial nerve that would result in facial weakness. Other potential complications include asymmetry, skin irregularities, infection or extrusion of the thread through the skin, necessitating removal. All potential side effects, risks, and complications are discussed openly with the doctor prior to this and all procedures.

## How long does the Serdev thread lift last?

Thread lifts are minimally invasive procedures and they do not replace surgery. As such they might not provide a result that lasts as long as open surgery. However, neither procedure is permanent. The longevity of results depends on several factors, including age, quality of tissues, smoking history, general health, sun exposure history and aftercare. Even if the procedure "turn back the clock" by 5 or 10 years, you will continue to age normally following the procedure.

## Can the thread lift be repeated?

Yes. It is safe to repeat the procedure to provide a further rejuvenating effect, or lift other areas, to compliment existing lifts at any stage after the initial thread lift.