



# MEMO TO THE PATIENT



what you need to know  
about

## Aptos Thread Lift

AS the effects of gravity become more noticeable on our faces, the supporting tissue of the cheeks weakens and starts to sag, facial fat is lost, the jaw line that used to be firm and tight forms jowls at the edges of the mouth that drift down towards the chin, and the lower face and neck sag. This sagging or drooping action of the tissue is considered by doctors as ptosis. Traditionally, the tendency for sagging would lead most people to a cosmetic surgeon in search

of a facelift; however, there is now a less invasive procedure available which can lift, contour and suspend the sagging tissues of the face, neck and body in those people who need only little to moderate rejuvenation.

Thread lifting is a procedure which involves elevating various parts of the face and body using specially designed threads without having to make incisions as during the conventional face lift. Besides lifting, threads improve skin tone, texture, color and hydration.



Dr. Marlen Sulamanidze, thought that if you took suture and cut barbs along its length, it could act as a rope to hold up a drooping brow, cheek or jowl; and this resulted in the development and creation of APTOS threads in the late 1990's. These barbed threads have now been patented, and further developed. Other forms of threads, both barbed and smooth have also now been developed for use in thread lift procedures.

If you're considering having APTOS thread lift, the following information will give you a basic understanding of the procedure. It can't answer all your questions, since a lot depends on the patient and the surgeon.

## PLEASE ASK

your surgeon about anything you don't understand.

## Who are the candidates for THREAD LIFT?

Ideal candidates for thread lifts include people with minimal signs of ageing who need just a small lift. Usually, these are women and men between 35 and 55.

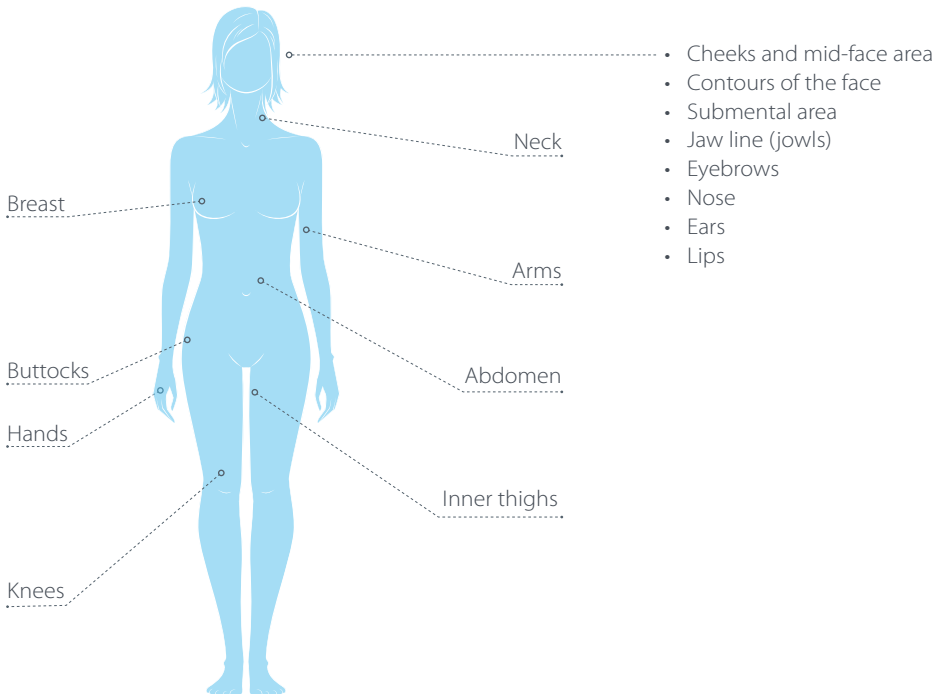
### ***Right candidates are those patients who have:***

- Mild to moderate signs of ptosis of the Soft Tissues
- Loss of tissue volume
- Development of fine lines and wrinkles
- Sagging eyebrows
- Relaxed / sagging mid-facial appearance
- Prominence of the jaw
- Tired appearance
- Double chin problems
- Patients with some relapse from a previous procedure such as a facelift or neck lift
- Facial asymmetry

### ***Poor candidates are:***

- Those patients who have excessively sagging skin at an advanced age will show a very limited improvement
- Those patients who are obese, or have very heavy, rugged skin too will show minor improvement. In these patients, thread lift can be combined with liposuction

### Application areas:



***Are there any contraindications to Aptos thread lift?***

- Allergy to plastic, biomaterial, permanent fillers
  - Acute acne or skin infection
  - Keloid predisposition
  - Auto-immune diseases: scleroderma, sarcoidosis, amyloidosis, etc.
  - Anti-coagulant medication: coumarin & heparin
  - Haemophilia
  - Hypertension, stages 2 and 3
  - Severe diseases
  - Collagenosis
  - Deep neurological and mental disorders
  - Pregnancy, breastfeeding
  - Malignancy/Chemotherapy
  - Deep hepatitis B & C, HIV
  - Porphyria
  - Previously implanted permanent fillers
- 

## What you need to know

***before the procedure:***

- No special preparation is required prior to the treatment
- However, we recommend that you discuss your expectations and ask your doctor any questions you have before starting treatment
- Inform the doctor of any treatment you have already received and of any medicines you are currently taking
- Avoid blood-thinning medicines and vitamin E a week before and after treatment
- Application of APTOS threads must be performed by a doctor who has undergone specific training by official Trainer evaluated by Aptos head quarter
- The treatment is performed under local anaesthesia. The procedure does not leave scars

***The 20-minute procedure:***

- Applying APTOS threads takes around 20 minutes in a treatment room
- Most patients are able to resume work the same day after the procedure. For patients who have multiple threads inserted, there can be more discomfort
- The treatment will be adapted to your preferences and can be combined with other aesthetic procedures
- Rehabilitation period and downtime depends on a treated zone, amount of the threads and method

## ADVANTAGES OF APTOS THREAD LIFT

- ✓ Double action: lifting and rejuvenation
  - ✓ Minimally invasive procedure performed under the local anesthesia
  - ✓ 20 minute procedure
  - ✓ Immediately evident results
  - ✓ Minimum of downtime
  - ✓ New collagen growth and increased microcirculation
  - ✓ Long-term effect (1,5-5 years depending on thread composition)
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### What happens immediately after the treatment?

Like all procedures of this type there is a possibility of side effects, although not everybody experiences them.

*Side effects are temporary and may include:*

- Pain
- Swelling
- Temporary asymmetry
- Transient rippling or dimple formation
- Transient hematoma or bruising
- Slight depression or skin irregularity

These inconveniences should disappear a few days after treatment.

## Post-Treatment Recommendations

- Apply ice packs immediately after the procedure
  - Take analgesics in case of pain
  - Refrain from applying make-up for minimum 24 hours
  - Sleep face up, in an elevated position on pillows for about 2-3 nights
  - Do not wash face 1 day. Clean it with Chlorhexidine
  - Wash face gently without rubbing or massaging for 3-5 days
  - Avoid excessive face and neck movements for about 10-14 days
  - Avoid face and neck massages for 1 month
  - Avoid over-exposure to direct sunlight for 2 weeks
  - Avoid sports and exercise for 2 weeks
  - Do not use saunas for about 3 weeks
  - Avoid dental surgery for 3 weeks
  - Avoid Solid Food for 10-14 days
- 

## Recommended medicines:

- For swelling apply Recowell cream, Traumeel gel, Troxevasin gel and other creams several times a day for 1-2 weeks
- Use antiseptics (chlorhexidine, miramistin, etc) for the areas of intervention
- For pain use analgesics, such as ketonal, diclofenac, ibuprofen etc
- For the prophylaxis of infection doctor might recommend wide spectrum antibiotics for 5 days
- In case of combination with lower face liposuction it is recommended to wear an elastic bandage for about 2 weeks
- For accelerated rehabilitation microcurrent stimulation is recommended
- If you experience any side effects not listed above, including high fever, increasing pain, redness and swelling at the area of intervention or other unpleasant and unnatural sensations, please contact your doctor

## What will I look like after the procedure?

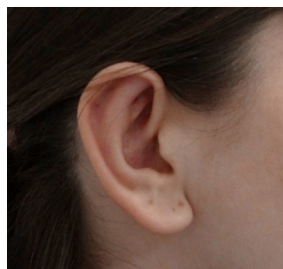
Compared with traditional face lift - which leaves visible changes and well hidden but clear scars, Aptos thread lift does not leave scars or alter the face's original features. You will look like on the pictures of yourself several years ago.

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BEFORE



AFTER





## PATIENT QUESTIONNAIRE

This information will help us prepare for your anesthesia and procedure. Please fill out as completely as you can

Patient (name, surname)

Date of birth (dd/mm/yy)  /  /

Phone number

City / Date  /

Clinic name

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1. List any chronic conditions which you have been diagnosed

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2. Indicate the time since the last exacerbation

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3. Was the treatment of this disease carried out?

Yes  No

If yes, please indicate the result

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4. Do you have any infectious disease right now (herpes, influenza etc.)?

Yes  No

5. Have you undergone any cosmetic procedures?

Yes  No

6. Were there any complications?

Yes  No

If yes, please indicate

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7. Do you or your blood relatives have hereditary diseases (e.g. congenital muscle weakness, myasthenia gravis)?

Yes  No

If yes, please indicate

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8. Are you prone to:

pigmentation disorders                      light sensitivity  
Yes  No                       Yes  No

nervousness or mental disorders, such as seizures (epilepsy), paralysis, depression  
Yes  No

9. List all medications you are taking, including over the counter, herbal or natural remedies

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10. List all your allergic diseases and allergies to medications, anesthetics, LATEX, shellfish, iodine, dye, eggs or other food

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11. If you have had any surgeries, please list them all (including facial surgery)

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12. Do you have, or have you ever had any problems with your heart (e.g. hypertension, heart attack or myocardial infarction)?

Yes  No

If yes, please indicate when and what kind of problem

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13. Do you suffer from infectious diseases: HIV, hepatitis, syphilis?

Yes  No

If yes, please indicate

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14. Have you ever been inserted implants or injected permanent fillers

Yes  No

If yes, please indicate when and what exactly

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15. Have you ever undergone an aesthetic lifting operation?

Yes  No

***females only:***

16. Are you pregnant or planning pregnancy?

Yes  No

17. Are you nursing a child?

Yes  No

## WRITTEN CONSENT

Doctor: \_\_\_\_\_

Patient: \_\_\_\_\_

Date of APTOS Thread Lift: \_\_\_\_\_

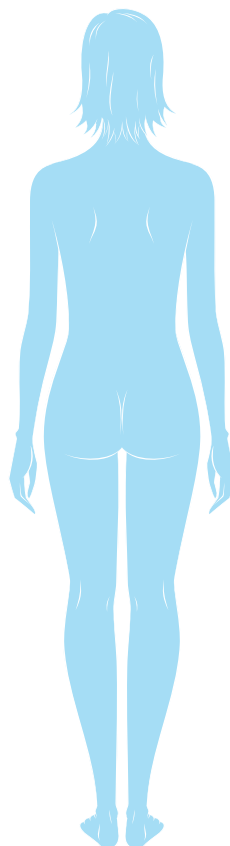
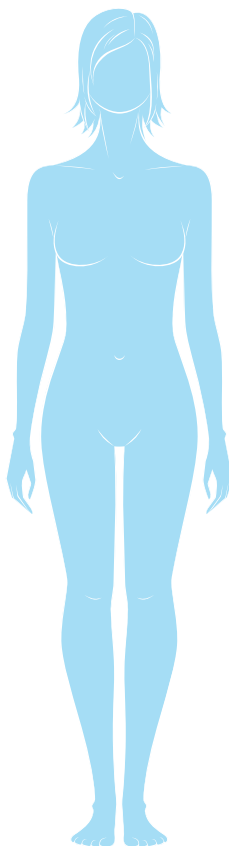
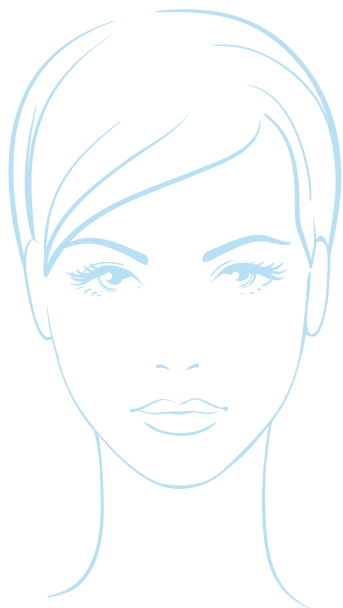
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Threds to be used: \_\_\_\_\_

(should be indicated by doctor)

### Correction zones

(should be marked by doctor)



- I read the memo, I had no questions, and I will follow all the recommendations.
- I answered the questions honestly and did not concealed any information that directly or indirectly can affect the procedure and postoperative processes: including past procedures and medical interventions, drugs and other medications that I received or receive now.
- During an explanatory conversation with my physician, I was acquainted with technical features of the procedure. I thoroughly considered the information received and do not need additional time to make a decision. I agree to the procedure.
- I was informed about the possible complications and side effects. The doctor answered all my questions.
- I agree to take photos and make videos for a comparative evaluation of before and after results of the procedure and its results in the future and for their use for scientific and educational purposes by the clinic and doctors, including various types of publications, professional websites and scientific conferences for presentation to the professional audience.
- I am aware that the procedure is carried out on an outpatient basis and after there is required skin care at home.
- I was informed that the procedure is performed under local anesthesia.
- I was informed that my failure to comply with the recommendations of the doctor exempts the medical institution from responsibility for the unfavorable procedure.
- I know that before the procedure I can, withdraw my written consent.
- I confirm that I have reached the age of 18.

Date \_\_\_\_\_

Signature \_\_\_\_\_  
(patient)

Signature \_\_\_\_\_  
(doctor)

Aphoto

# SHOW- CASE YOUR RESULTS





Photo  
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English

Русский

Alice Reed  
53 Years old

Paul Barnes  
61 Years old

Patients

Gallery



Aphoto



Anniversary  
Edition

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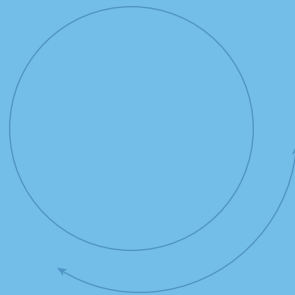
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$0,3 \pm 0,05$

$30 \dots 40$



$450 \pm 5$

$50 \pm 0,05$