



**ABSOLUTE**  
COSMETIC MEDICINE

## SILHOUETTE SOFT® THREADS

### WHAT IS THE SILHOUETTE SOFT® THREADS TREATMENT?

Silhouette Soft® is a technological innovation offering women and men what no treatment has ever provided in such a simple and minimally invasive way: a reshaped face and restored volume by means of a 30-minute treatment at the clinic. Silhouette Soft® represents the state of the art suspension suture and an extraordinary true technological innovation that opens a new era in aesthetic medicine. The innovation is that the material used to make the threads can also stimulate your own natural collagen as well as lifting the skin. Silhouette Soft® comes in the form of resorbable sutures with bidirectional cones. It is made in the United States and the development was based on 6 years of experience in suture suspension with cones used in reconstructive surgery and cosmetic surgery. In 3 years, more than 130,000 treatments have been carried out all over the world.

### WHAT AREAS CAN BE TREATED?

The Silhouette Soft® Thread technique usually leaves no scars and can be successfully used for multiple areas, including contours of the face, jawline, cheeks, mid-face areas and eyebrows. The procedure aims to restore volume immediately, and over time, with collagen stimulation.

The lifting effect is immediate as it is a result of compressing the tissue and elevating the skin at the time the suture is inserted. The poly-L-lactic acid in the thread acts on the deeper layers of the skin so the body will be stimulated to restore lost collagen over time, thus having a secondary effect on rejuvenating shapeliness in the face.

Recovery time is minimal and patients can go back to their full social life and work commitments with almost no downtime in the majority of cases.

### HOW LONG DOES THE EFFECT OF SILHOUETTE SOFT® THREADS LAST?

With Silhouette Soft® Threads there will be an immediate lift, followed by further improvements in skin fullness and a reduction in fine lines over a 3-6 month period. Overall, results can last 1-3 years. This will depend upon your individual ability to produce collagen in response to the treatment.

### BEFORE THE TREATMENT:

No special preparation is required prior to Silhouette Soft® 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 medications you are currently taking. General pre-procedure steps such as avoiding aspirin, anti-inflammatories and non-essential blood thinners are recommended (see website for more info).

### POST-TREATMENT RECOMMENDATIONS:

After the treatment, slight bruising may occur. Sometimes, skin irregularity may appear at the entry points. These will disappear a few days after treatment.

The doctor may prescribe an antibiotic cream to apply on the entry and exit points of the sutures.

- Take analgesia e.g. paracetamol in case of pain (2-3 days)
- Refrain from applying make-up for a minimum of 24 hours
- Sleep face up, in an elevated position on pillows (3-5 nights)
- Wash, shave and dry face gently without rubbing or massaging (5 days)
- Avoid excessive face and neck movements (2 weeks)
- Avoid over-exposure to direct sunlight and do not use tanning beds (2 weeks)
- Avoid sports and exercise (2 weeks)
- Avoid dental surgery (2 weeks)
- Avoid face and neck massages and face and neck aesthetic treatments (4 weeks)