

## PATIENT INFORMATION SHEET - SPRING THREAD LIFT

**Procedure Performed by:** Dr. Qureshi

### INTRODUCTION

At Cosmetic Surgery at the Royal Liver Building, we are committed to providing safe, effective, and patient-centred care in compliance with Care Quality Commission (CQC) regulations. This information sheet is designed to help you make an informed decision about your Spring Thread Lift procedure. It outlines the procedure details, expected outcomes, risks, potential side effects, aftercare requirements, and alternative options.

We encourage all patients to read this document carefully and discuss any questions with Dr. Qureshi, who will be performing your procedure.

### WHAT IS A SPRING THREAD LIFT?

A Spring Thread Lift is a minimally invasive facial rejuvenation procedure designed to lift and tighten sagging skin without the need for traditional surgery. This treatment uses biocompatible silicone threads that are inserted under the skin to reposition tissue and stimulate collagen production, resulting in a natural, refreshed appearance.

Key Benefits:

- ✔ Minimally invasive - No large incisions or general anaesthesia required.
- ✔ Immediate lifting effect - Noticeable results right after the procedure.
- ✔ Stimulates collagen production - Encourages natural skin rejuvenation over time.
- ✔ Short recovery time - Most patients resume normal activities within a few days.
- ✔ Long-lasting results - Effects typically last up to 5 years, depending on individual factors.

### WHO WILL PERFORM THE PROCEDURE?

Your Spring Thread Lift will be carried out by Dr. Qureshi, a highly experienced cosmetic doctor specializing in minimally invasive aesthetic procedures.

Dr. Qureshi's Credentials:

- Extensive experience in facial rejuvenation treatments, including thread lifts, dermal fillers, and non-surgical facelifts.
- Highly trained in advanced aesthetic techniques, ensuring a natural and safe result.
- Fully compliant with CQC regulations and committed to patient safety and satisfaction.

## PATIENT INFORMATION SHEET - SPRING THREAD LIFT

### WHO IS SUITABLE FOR A SPRING THREAD LIFT?

This procedure is suitable for individuals who:

- ✓ Are experiencing mild to moderate skin laxity in the face, jawline, or neck.
- ✓ Prefer a non-surgical alternative to a traditional facelift.
- ✓ Have realistic expectations about the results.
- ✓ Are in good general health and do not have contraindications such as severe skin conditions, active infections, or blood clotting disorders.

### PROCEDURE OVERVIEW

1. Consultation & Assessment:
  - Dr. Qureshi will discuss your concerns, assess your suitability, and explain the expected outcomes.
  - You will be given the opportunity to ask questions and ensure you fully understand the procedure.
2. Preparation:
  - The treatment area will be cleansed and numbed using local anaesthesia.
3. Insertion of Threads:
  - Fine, silicone-coated threads are inserted under the skin using a fine needle or cannula.
  - The threads are carefully positioned to lift sagging skin and reposition tissue.
4. Adjustment & Final Results:
  - The threads are adjusted for optimal lifting before being secured in place.
  - The procedure takes approximately 45-60 minutes.
5. Post-Procedure Care:
  - Aftercare instructions will be provided to ensure a smooth recovery and optimal results.

## PATIENT INFORMATION SHEET - SPRING THREAD LIFT

### EXPECTED SIDE EFFECTS & RISKS

While a Spring Thread Lift is generally safe, like any cosmetic procedure, there are potential risks and side effects.

Common Side Effects (Usually Resolve Within Days to Weeks):

- ◆ Mild swelling and bruising at the treatment site.
- ◆ Temporary tenderness, soreness, or discomfort.
- ◆ A feeling of tightness or pulling, which settles as the threads integrate.
- ◆ Slight asymmetry, which usually corrects itself as swelling subsides.

### LESS COMMON RISKS:

- ◆ Thread visibility or palpability - In rare cases, threads may be felt under the skin.
- ◆ Mild puckering or dimpling - This usually resolves as the skin settles.
- ◆ Localized infection - Proper hygiene and aftercare minimize this risk.
- ◆ Minor nerve irritation or sensitivity changes - Typically temporary.

### RARE RISKS (VERY UNCOMMON BUT REQUIRE MEDICAL ATTENTION):

- 🚫 Thread migration or extrusion - A thread may move or become visible, requiring adjustment.
- 🚫 Prolonged swelling or bruising - If excessive, further assessment may be needed.
- 🚫 Allergic reaction - Extremely rare (zero reported in the UK as of 01.01.2024) but possible in hypersensitive individuals.

## PATIENT INFORMATION SHEET - SPRING THREAD LIFT

### AFTERCARE INSTRUCTIONS

Following your Spring Thread Lift, it is important to follow these aftercare guidelines for the best possible outcome:


Do's:

- ✔ Apply cold compresses for the first 24 hours to reduce swelling.
- ✔ Sleep on your back with your head elevated for at least a week.
- ✔ Take mild pain relief if needed (e.g., paracetamol - avoid ibuprofen/aspirin unless prescribed).
- ✔ Stick to soft foods for the first few days to minimize facial movement.
- ✔ Keep the treatment area clean to prevent infection.

Don'ts:

- ✘ Avoid touching or rubbing your face for at least 2 weeks.
- ✘ Refrain from strenuous exercise, saunas, and steam rooms for 2 weeks.
- ✘ Avoid excessive facial movements (e.g., chewing gum, wide yawning).

If you experience unusual pain, excessive swelling, or any signs of infection, contact our 24-hour callout line immediately:

 (0151) 203 0020

### ALTERNATIVE TREATMENT OPTIONS

A Spring Thread Lift is just one of several options for facial rejuvenation. Alternative treatments include:

- ✔ SofWave - A non-invasive ultrasound-based treatment that stimulates collagen production and tightens the skin, improving sagging without the need for threads.
- ✔ EndoDefine - A minimally invasive, energy-based skin tightening procedure that enhances facial contours and reduces laxity with controlled heat application.

Dr. Qureshi will discuss these options with you if you are unsure whether a Spring Thread Lift is the best approach for your goals.

## PATIENT INFORMATION SHEET - SPRING THREAD LIFT

### FREQUENTLY ASKED QUESTIONS (FAQS)

Q: When will I see the results?

A: The lifting effect is immediate, but final results improve over 4-6 weeks as swelling subsides and collagen production increases.

Q: How long do results last?

A: Results typically last up to 5 years, depending on individual factors such as age, skin condition, and lifestyle.

Q: Will I need additional treatments?


A: Some patients opt for maintenance treatments every 2-4 years to prolong the effects.

### CONSENT & FURTHER INFORMATION

Prior to your procedure, you will be asked to sign a consent form confirming that you:

- ✓ Have read and understood this information.
- ✓ Have had all your questions answered.
- ✓ Are aware of the risks and expected outcomes.

For further information or to schedule a consultation, please contact Cosmetic Surgery at the Royal Liver Building.

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