Combined Laser Treatments after Surgical Thread Lift Operations

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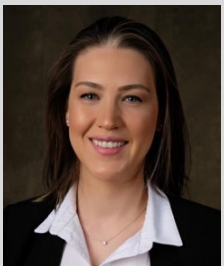
Introduction:
A thread lift is a minimally invasive procedure using absorbable sutures to lift and tighten facial or neck skin. These sutures have small barbs that anchor into tissue, creating a lifting effect and stimulating collagen production for improved firmness and elasticity. Thread lifts offer subtle, natural-looking rejuvenation with minimal downtime and a low risk of complications, although results typically last 3 months to up to 2 years.
In recent years, non-absorbable silicone threads, made of polyester and medical-grade silicone, have gained popularity, especially among plastic surgeons. These threads provide a stronger and longer-lasting lift, often extending results beyond 2 years.
While silicone threads enhance facial contours by providing structural support, optimal skin quality also requires addressing tone, pores, and overall radiance. Laser therapies can effectively target these concerns. When performed immediately after silicone thread lifting, laser treatment can have a synergistic effect: the lift creates a more favorable foundation for laser-based improvements. Together, these approaches support collagen synthesis, enhance firmness and elasticity, and provide more comprehensive facial rejuvenation.

	StarWalker MaQx		*Fotona Dynamis Pro NX*				
	Step 1	*Step 2*	*Step 3*	*Step 4*	*Step 5*	*Step 6*	*Step7*
Wavelength	*Nd:YAG 1064nm*	*KTP-532 nm*	*Er:YAG 2940 nm*	*Nd:YAG 1064 nm*	*Nd:YAG 1064 nm*	*Er:YAG 2940 nm*	*Er:YAG 2940 nm*
Handpiece	*R28*	*R28*	*T-runner face*	*R35NX*	*R35NX*	*FS01*	*PS03X*
Spot size / Fiber tip	*6-8 mm*	*6.5-7.5 mm*	*40x40 mm*	*9 mm*	*4 mm*		*5 mm*
Energy / Fluence	*1.5-2.5 J/cm²*	*0.3 J/cm²*	*6.60 J/cm²*	*140 J/cm²*	*10-25 j/cm²*	*12-50 J/cm²*	*2 J/cm²*
Pulse Duration			*625 ms*	*5s*	*0.6 ms*	*100-400 ms*	
Stack Number			*6 stacks*				
Mode/Pulse	*Q-Switch MaQX-1*	*Q-Switch MaQX-1*	*V-smooth*	*Piano*	*FRAC-3*	*LP Turbo 2-4*	*MSP*
Frequency	*8 Hz*	*8 Hz*			*4 Hz*	*1.1 Hz*	*7 Hz*
Water					*1*		
Air					*1*		
Passes/Repeats	*4-6*	*1*	*2*	*5-6 min*	*2-4 passes*	*1-4*	*1*

Dr. Naci Celik is an Associate Professor of Plastic, Reconstructive, and Aesthetic Surgery at Atlas University, Istanbul, and has been in private practice since 2002. He works with the SP Dynamis Pro NX Line and StarWalker MaQX systems in his Nisantasi clinic, focusing on advanced facial rejuvenation and body contouring. Dr. Celik is a faculty member and invited speaker at international congresses such as ISAPS, AMWC, IMCAS, ISAM, and CBAM, and regularly organizes hands-on training workshops in Istanbul for doctors from around the world.



Dr. Isil Akgun Demir is a plastic surgeon based in Istanbul. She is mostly interested in breast and body surgeries, as well as minimally invasive treatments including laser, regenerative procedures, and various mesotherapy techniques for anti-aging and scar care.

CLINICAL CASE:

The case involves a 50-year-old woman seeking treatment for signs of facial aging. She opted for thread lifting instead of a facelift. Following consultation, it was decided to perform upper blepharoplasty, microfat injection, and silicone thread lifting under local anesthesia. The post-procedural laser protocol can be carried out immediately or within the next two weeks, with preference given to the first week. Customization of the laser protocol is crucial. Tailoring the steps, energy levels, and the number of passes to individual patient needs is imperative, as not all steps are necessary in all patients. This patient-centric approach reflects the evolving paradigm of personalized laser treatment in facial rejuvenation.

In the first step, the severity of pigmentation determines the number of passes performed, ranging from 4 to 6, without the need for cooling or topical anesthesia. If the patient presents with senile or solar lentigines, the second step is applied, consisting of 1 or 2 passes based on the severity of pigmentation. Subsequently, in the third step, the T-Runner Face handpiece is used, commencing from the neck and extending across the entire face for two passes. None of the patients requires anesthesia when STP is kept between 98–120%. In the fourth step, Piano mode is applied to the lower face and cheek area to reach a target temperature of 40–41°C. In each area, this temperature is maintained for 5–6 minutes. Adjusting the sweeping motion of the hand is crucial for maintaining the temperature of each area for 5–6 minutes. Careful control of the skin temperature on the screen ensures efficacy. Step 3 targets superficial stretching of the skin, while step 4 targets an extra-deep contraction in the area where the threads are placed. The temperature created by the Piano mode does not interfere with thread integrity. In step 5, the entire face area is treated, with fluence levels set at 10–15 J/cm² for male patients and 25 J/cm² for female patients, with 2–4 passes performed. Finally, steps 6 and 7 are carried out for patients requiring skin resurfacing, with energy settings adapted based on the patient's Fitzpatrick score and rejuvenation requirements. The immediate post-session redness severity on the face correlates with the energy levels and number of passes administered in step 6.

The protocol is repeated every 4–6 weeks four times in our thread lift patients. For this patient, it was performed four times.

After Operation	Immediately after the laser session	Before the last session
		

Before	1 month after last session