

# Guidebook

EQUINOX AESTHETIC ACADEMY OFFICIAL AUSTRALIAN  
SUPPLIER OF LIFSKIN PDO THREADS



# AUSTRALIAN SPONSOR

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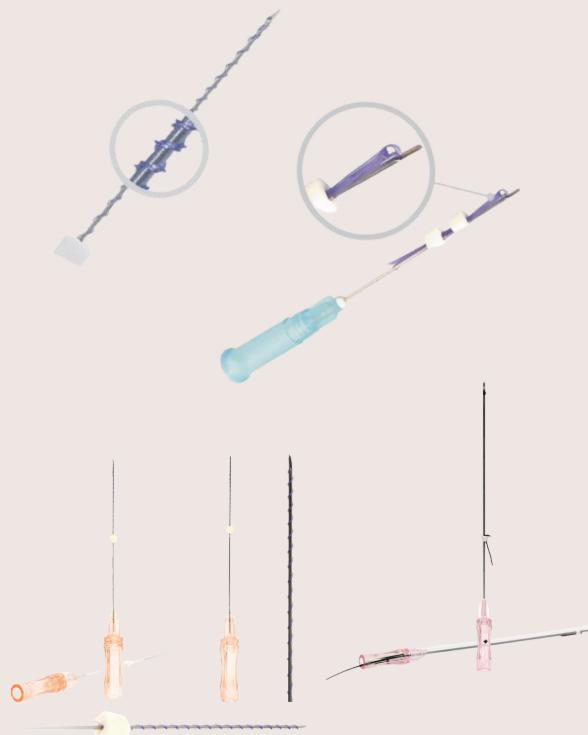
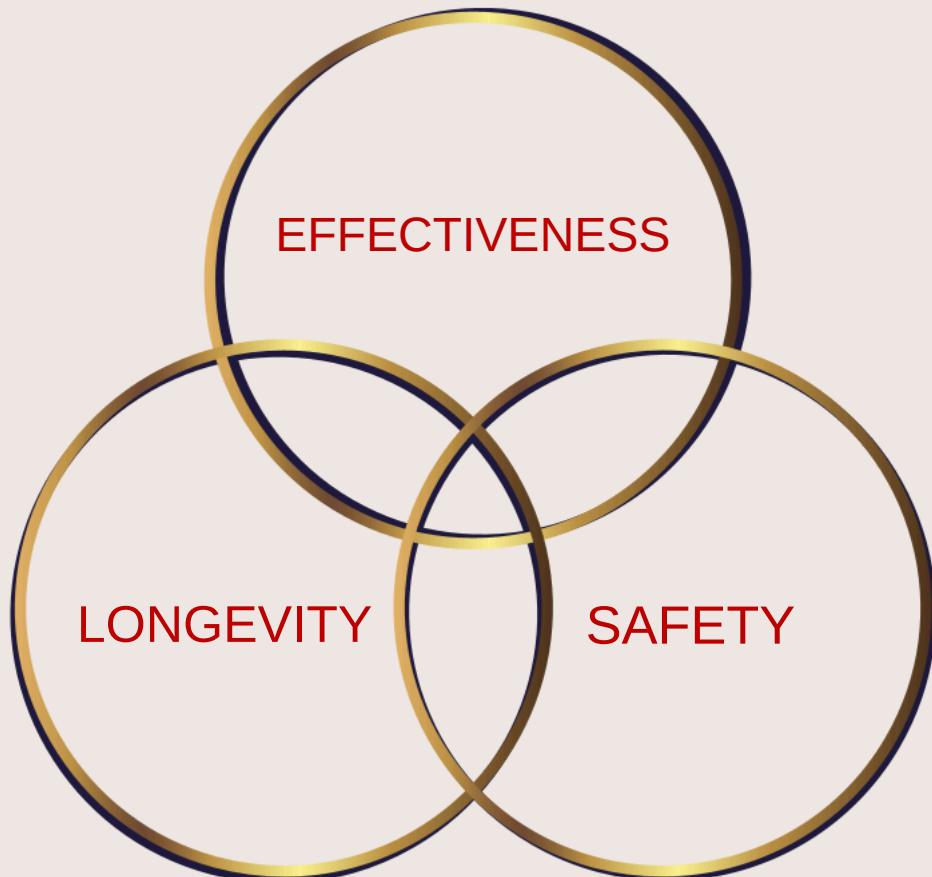
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## OVERVIEW OF LIFTSKIN PDO THREAD



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## ABOUT LIFSKIN PDO THREAD

Threads are made from Polydioxanone (PDO), which is biodegradable - it metabolises in water and carbon dioxide. The Equinox Thread consists of a needle, needle cap, hub, sponge, and PDO suture and is sterilised by EO gas. The PDO suture is absorbable and comes in a variety of distributions: monofilament (1 suture) and multifilament (more than 1 suture - i.e. double threads). PDO Threads are absorbed by the skin over the next 6-8 weeks and will completely dissolve within the body 6 to 12 months after the procedure. For as long as the collagen holds the lift, results can remain for up to 48 months, depending on the Lifskin Thread model and quantity used. PDO also has a long safety record in surgery - plastic surgeons, eye surgeons, and gynaecologists have been using them to close wounds for decades.

PDO Threads work by stimulating collagen and fibrotic reactions within the deep tissue of the skin, causing the skin to "pull back" for a more rejuvenated and tightened skin texture. They also aim to improve skin elasticity and reduce fine lines. The specialised Lifskin PDO Thread Lifting range further offers a less invasive and non-surgical way of revitalising and lifting saggy and loose skin for a more youthful appearance. PDO Thin Threads come with either a sharp needle or cannula (L-Type). Cannulas are best used to treat sensitive areas of the body and face (i.e. lips, décolletage, fine lines around the abdomen, hands—especially the eyes; we do NOT recommend the use of sharp needle PDO Threads near the eye area), or those that are highly vascular, where there's an increased risk of puncturing blood vessels with a sharp needle as opposed to using a blunt cannula.

The popularity of our PDO Threads can be attributed to their ease of insertion, excellent reproducible and sustainable results, minor side effects, and a very low incidence of complications. Lifskin PDO Threads can be used on areas of the face and body.

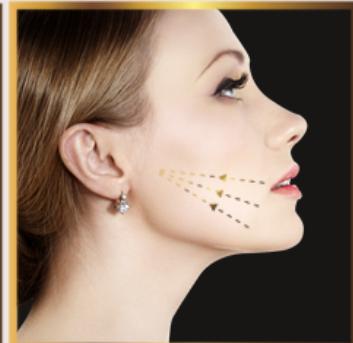
**CHOICES OF THE THREAD OR COMBINATION OF THE TYPES OF THREAD  
DEPEND ON THE PATIENT'S FACE SHAPE, SIZE OF THE BONE, AGE, AND  
SKIN TYPE.**



**Cheek Lift**



**Nasolabial Line**



**Jowl / Marionette  
Line Lift**



**Double Chin &  
Neck Lift**



**Eyebrow Lift**

Short threads may be used for tissue support and skin tightening, as well as for the treatment of fine lines in the following areas:

Lower third of the face (i.e. Jowls, accordion lines) Marionettes Under the chin (Submental) Cheek Nasolabial Folds Periorbital Brow Neck Fine Lines (Areas commonly treated with Botulinum Toxins i.e. glabella, forehead)

# FUNCTION OF SHORT THREADS

## **short threads work via:**

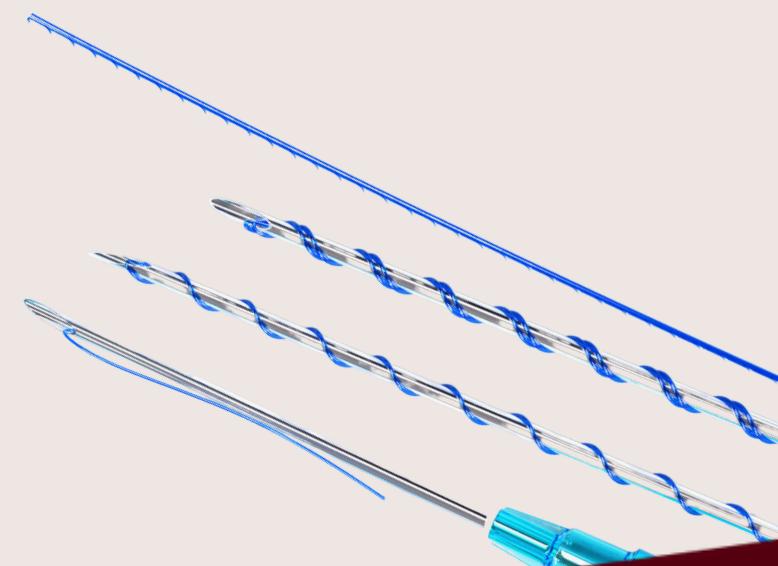
- Collagen Synthesis: Because of this property, PDO smooth threads are suitable for the improvement of fine static wrinkles. Some practitioners have observed skin texture improvement, i.e. glowing skin, as reported by their patients.
- Support A mesh-like placement of these threads can help to reduce sagging by firming the skin and providing tissue support. A skin-tightening effect has also been reported. However, significant lifting is not usually seen.
- Fat denaturation and Skin Contraction Tissue contraction and reduction in size of mild to moderate bulging fat areas of the face make this a suitable treatment for jowls, nasolabial folds, and marionette areas. A sufficient number of threads are required to achieve optimal results.

## VARIETY OF LIFSKIN PDO THREADS

### REJUVENATION THREADS

#### Specialised in skin tightening and collagen constructing

Thin thread is widely used in various parts of the face and the Peri-sternal for its ability to tighten skin and promote collagen formation. Normally, thin threads are loaded onto sharp-type needles. There are a few other products that use a smooth thread which is unprocessed with the purpose of skin tightening, such as the Mono (smooth thread with needle), Screw (smooth thread that twists around the needle, which gives a stronger stimulus to tissues than a straight-formed thread), and Double Screw (the same as the Screw type, but with two smooth threads spirally loaded together). There are also more types with cog-patterned thin threads: the cog-patterned thin thread loaded inside the needle and twisted outside the needle brings maximised stimulus to the tissues for strong collagen build-up.



## MONO / DOUBLE

Do not use snap. Gently press when inserting. (To know the exact depth). Be cautious of depth and direction because recipients may experience severe pain or bleeding if threads are applied under the cheekbone.

In cases where the procedure is performed too deeply, it can harm the blood vessels, leading to swelling similar to that experienced after wisdom teeth removal. If the recipient has developed a prominent chin, it is advisable to apply a few additional threads for optimal results.



Mono



Twin Screw



Screw



Sharp



# HOW TO APPLY

Insert the needle. Twist 2-3 times. Remove the needle. Cut off the exposed stump if needed. Apply multiple threads at once to achieve a better result.

Effects on Fat Layer under Skin. MONO, MONO

EYE CANNULA, SCREW, DOBULE SCREW, MULTI  
THREAD, TRIPLE THREAD, TWIN THREAD.



**LIFSKIN**

**GMP**

**KFDA**

**CE 2195 ARTG**

# **TYPES OF LIFSKIN PDO THREADS**

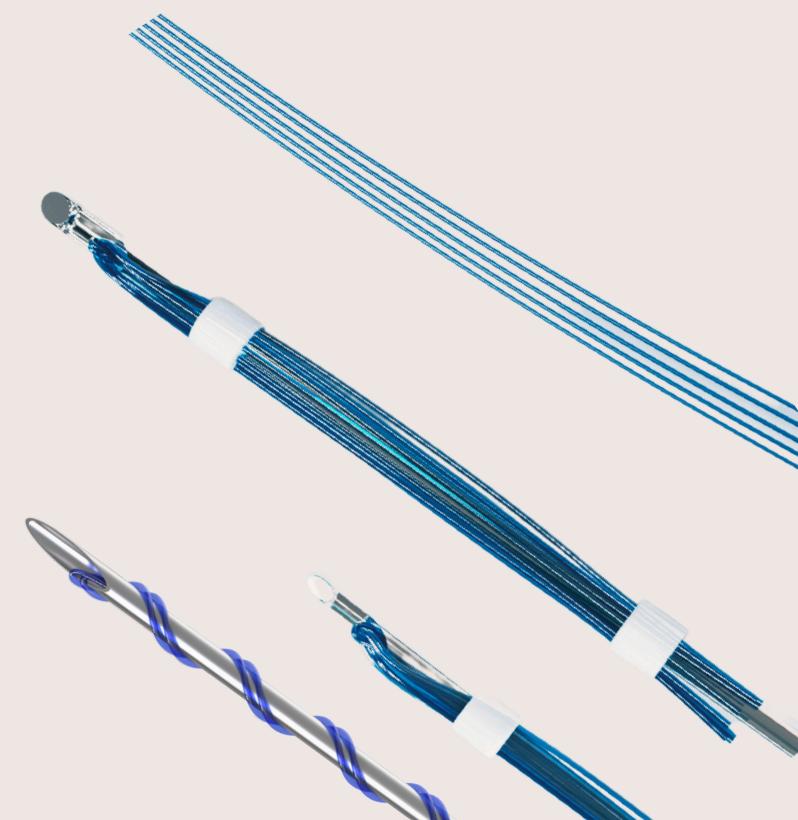
## **FILLING THREADS:**

### **Multi-Boost Supplement**

The Multi-Fill product is made up with many strands with a blunt cannula. Similar to the Cavern-Fill, it interacts with Cavern-Fill and it is suitable to use in the areas of the Forehead, chin, Lateral cheek hollow, Lower lid, Tear trough, Marionette line, Lip augmentation, but additionally it can be used in Eyebrow augmentation, Nose, and Neck wrinkle. It has a mesh-like shape so that connective tissue composed of collagen is effectively formed around the thread. Unlike the Cog thread, it acts as a volume supplement rather than having a physical pulling effect.

### **Triple -Boost Supplement**

These are three threads densely twisted around a needle for its main purpose of ultimate volumizing. It is used with Multi-Fill product for its interaction in the Forehead, chin, Lateral cheek hollow, Lower lid, Tear trough, Marionette line, and Lip augmentation. It has a twisted shape so that connective tissue composed of collagen is effectively formed around the thread. Unlike the Cog thread, it acts as a volume supplement rather than having a physical pulling effect.



# APPLICATION

## FILLING THREADS:



Lower Lid, Tear Trough  
Triple Thread, Multi  
Thread



Triple, Double, Multi  
Thread



Marionette Line  
Triple Thread, Multi  
Thread

## HOW TO APPLY

After ensuring that the thread is fully inserted into the skin, rotate it 2-3 times while holding the styrofoam. Then, carefully remove the needle or cannula. As you push the needle into the skin, the auxiliary tube should also be pushed in, allowing the thread to remain within the tissue. You may encounter some resistance at this stage, so it's essential to hold the auxiliary tube firmly and pull the needle out with strength. If the Cavern fill is placed too superficially, it can lead to an uneven skin surface; therefore, it should be inserted into the deeper subcutaneous layer. This is particularly important for the lower lid (tear trough), where the tissue is thin enough that the thread's outline may become visible. Thus, the thread should be inserted deeper than the OOM. The scaffold thread aids in collagen production around it, and it usually takes 1 to 2 months to notice significant improvements.

# APPLICATION

## Accordion Lines

Total 40

Approximately 20 threads per side  
10 threads are placed in each direction to form a mesh

Longer length threads may be used depending on area size

MONO, TWIN, TRIPLE



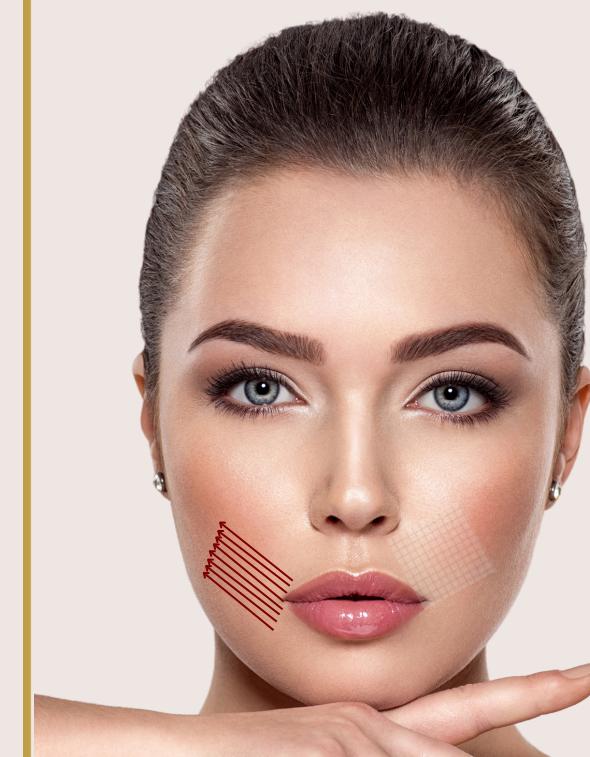
## Buccal Hollow

Total 10-20 depending on severity

Approximately 5-10 threads per side across the hollow area (Left)

Mesh pattern is optional (Right)

Double Screw, Triple threads, Mono



# APPLICATION



**ORAL  
COMMISSURE  
& MARIETTE  
LINES**

Total 20  
Approximately 5-10 threads per side

Threads should traverse the fold with majority of the thread on the medial side of the fold

1 - 3 threads maybe loaded along the crease (optional)



**PERIORBITAL  
PHYTIDS**

Total 20 - 40  
PLUS 1-3 PER CREASE

1 - 3 threads “loaded” over one another in each rhytid

## BARBED THREAD

Barbed thread products are the most universal line-up for thread lifting. A barbed thread can be classified according to its cog pattern production method: moulding cog thread and cutting cog thread. It consists of a sharp needle or blunt cannula, and the thread inside. It is normally used in the forehead and brow, mid-lower face (medial), naso-jugal groove, naso-labial fold, medial border, lower border (Marionette line), and ptotic breast.

Needle		Thread		Model Code
Gauge	Length	USP	Length	
18G	100mm	2	150mm	SCB181000U
19G	70mm	1-0	90mm	SCB190700U
	100mm		150mm	SCB191000C
21G	60mm	2-0	90mm	SCB210620C
	90mm		150mm	SCB210920C
23G	60mm	3-0	90mm	SCB230630C
	90mm		150mm	SCB230930C

**Effect: Generating Collage, Volumizing, Lifting**



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# Application



Forehead &  
Brow Barbed  
Thread



Mid-Lower Face  
(Medial) Barbed  
Thread



Naso-Jugal Groove / Naso-  
Labial Fold Barbed Thread



Medial Border – Vertical  
Form Lateral Canthus /  
Lower Border – Tragus to  
Mouth Corner /  
Marionette Line Barbed  
Thread

## HOW TO APPLY

Make a hole in the skin with a needle. Insert the cannula-type thread through the expected vector. Twist 3 to 5 rounds. Remove the cannula and cut the stump. To achieve higher anchoring, you can tie two threads together and bury the knot into the skin.



Ptotic Breast (For A and  
B cup sized breast)  
Barbed Thread

## FACIAL AGING: STRUCTURAL CHANGES

Fat: Facial fat redistribution is one of the main causes of sagging as we age. Superficial fat pads in the face decrease in volume as we get older. In the superficial fat, drooping also occurs due to gravity. In the deep fat, atrophy takes place and changes the volume of fat compartments. The malar fat pad starts to descend, causing concavity. Downward migration of the fat tissues causes the jowls. Deepening of the nasolabial fold is partly caused by the drooping of the superficial fat.

Bones: The bones form the basic frame of the face. Bone remodelling goes on throughout a lifelong period. With ageing, bony resorption takes place in the marginal area of bones, such as the orbital rim, maxilla, and the mandible. The orbital rim enlarges, the maxilla shortens, and the length and height of the mandible reduce. This results in changes in the cheek area and the projection of the mid-face.



## FACIAL AGING: STRUCTURAL CHANGES

**Skin:** The skin loses collagen and elastin with progressive age, and the dermis loses hyaluronic acid, becoming dry, inelastic, and wrinkly. The skin becomes thinner, and skin laxity increases. The skin eventually loses elasticity and becomes redundant.

**Muscles:** Muscles hypertrophy with age. Repetitive movement of some muscles may also make certain wrinkles more prominent. Some areas lose elasticity, e.g. the gobbler neck deformity caused by the laxity of the platysma.

**Fibrous connective tissue:** Loss of proteins such as elastin and collagen results in loss of elasticity, e.g. eye bags are caused by the loosening of the retaining ligament, resulting in fat protrusion.

## FACIAL AGING: STRUCTURAL CHANGES

Subcutaneous (Below the Skin) Changes: Loss of fat below the skin in the cheeks, temples, chin, nose and eye area may result in loosening skin, sunken eyes and a "skeletal" appearance. Bone loss, mostly around the mouth and chin, may become evident after age 60 and cause puckering of the skin around the mouth. Cartilage loss in the nose causes drooping of the nasal tip and accentuation of the bony structures in the nose. Other Skin Changes



 LIFSKIN



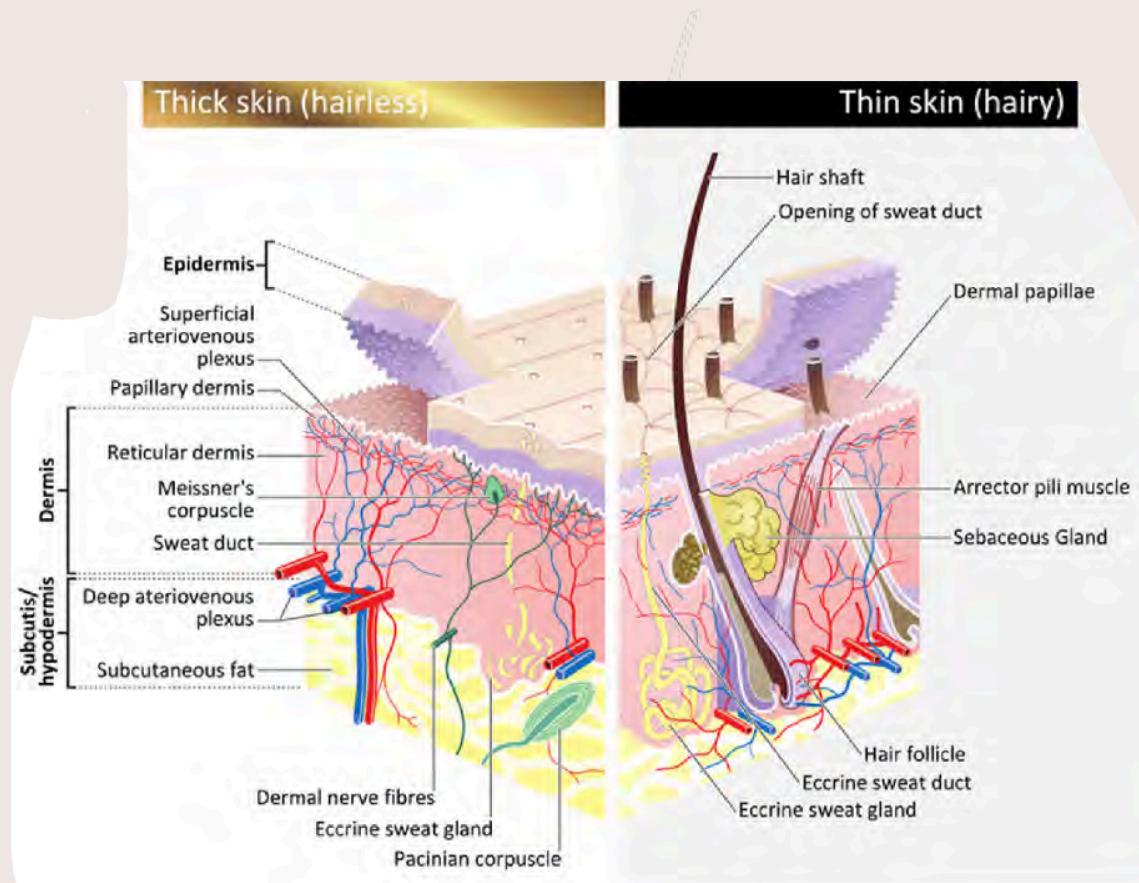
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The product used for PDO Thread Therapy is a fine needle (21G-30G) affixed to the absorbable thread (thickness of 0.05mm-0.40mm and length of 25mm-140mm). The needle is inserted into the subcutaneous layer of the skin, and when it is removed, the threads remain implanted in the skin. Insertion of dozens of needles into the deeper layer of skin with absorbable threads activates their natural regenerative process and provides mechanical stimulation for wound healing and tissue contraction.

Treatment depth effect is increased sub cutaneous Fat Layer/Fascia/Panniculus Carnosus/Ligament. The reason for not applying in dermis to avoid inflammation by irritating sebaceous glands. PDO may be visible on the skin. PDO thread may come out by movement.



# PROCEDURE GUIDE

- 1 Effects on Fat Layer under Skin.
  - MONO, DOUBLE, SCREW, TWIN SCREW
- 2 Effects on Fat Layer under Skin.
  - MONO, MONO EYE CANNULA, SCREW, DOBULE SCREW, MULTI THREAD, TRIPLE THREAD, TWIN
- 3 Effects on Fat Layer under Skin. **SCREW, DOUBLE SCREW, MULTI THREAD, COG THREAD, MOLDING THREAD**



## 4D COG

With a 360° Barbs design, 4D Cogs have multidirectional barbs which fix and support the skin tissue in various directions and are excellent for non-surgical face and neck lift treatments. This minimally invasive procedure uses dissolvable PDO (Polydioxanone) Cog threads to lift and tighten the skin by stimulating new collagen production thereby reducing wrinkles, tightening pores and creating volume. **Why Choose Equinox COG Thread** 4D Cog is a revolutionary embedding PDO (Polydioxanone) suture and ligature thread, with cogs and barbs formed during manufacture. As the point of contact to the panniculus carnosus is increased, the lifting effect is maximized.

- Two times greater anchoring and tensile strength than cut-thread offers an effective facial lifting. - 360 (4D Cog) can fix the tissues in all directions with 360 degree protrusion.

Needle		Thread		Model Code
Gauge	Length	USP	Length	
18G	100mm	2	150mm	SCB181000U
19G	70mm	1-0	90mm	SCB190700U
	100mm		150mm	SCB191000C
21G	60mm	2-0	90mm	SCB210620C
	90mm		150mm	SCB210920C
23G	60mm	3-0	90mm	SCB230630C
	90mm		150mm	SCB230930C



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## BARBED THREAD

4D, 360°, Bi-Direction Sharp Needle Type  
(Semi - Blunt Needle)



360°, Bi-Direction  
L-Type Cannula



- 360°, bi-direction Cog thread with Sharp needle, 45° blunt, L type and U type blunt needle
- Mostly used for face, eye brows and body lifting
- CE, ISO, GMP approved
- Packing Unit : 10ea/pack, 10packs/box (100ea)

Bi-Direction W-  
Type Cannula



- Bi-direction Molded Cog thread with W type blunt needle
- Specially designed to strongly lift sagging skin and improve wrinkles, Applicable on face and Body
- The best item of Cog threads**
- Packing Unit : 10ea/pack, 10packs/box(100ea)



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## EYE CANNULA / MONO

Needle		Thread		Model Code
Gauge	Length	USP	Length	
29G	38mm	6-0	50mm	SC29038610NE

## EYE CANNULA / SCREW

Needle		Thread		Model Code
Gauge	Length	USP	Length	
29G	38mm	6-0	50mm	SC29038610NS

- Mono thread with blunt needle
- It has been designed to treat eye bags, fine wrinkles around the eyes
- Blunt needle minimizes swelling, bruising and bleeding during the procedure
- CE, ISO, GMP approved
- Packing Unit : 20ea/pack, 5packs/box(100ea)



# NOSE (COG CANNULA)

Recommended threads can be different by patient's condition and doctor's discretion.

Needle	Thread			Model Code
Gauge	Length	USP	Length	
19G	38mm	2	50mm	SCB190380C
	50mm		80mm	SCB190500C

- Cog thread with L-type cannula needle.
- It has been designed to treat nose without incision, easy and safe treatment!
- Packing Unit : 10ea/pack, 10packs/box (100ea).



Nose Cog Type

# NOSE (MONO / SCREW)

Needle		Thread		Model Code
Gauge	Length	USP	Length	
30G	25mm	6-0	30mm	SC30025710N
	38mm		50mm	SC30038710N
29G	25mm	6-0	30mm	SC29025610N
	38mm		50mm	SC29038610N
	50mm		70mm	SC29050610N
	60mm		90mm	SC29060610N
27G	38mm	5-0	50mm	SC27038510N
	50mm		70mm	SC27050510N
	60mm		90mm	SC27060510N
26G	38mm	5-0	50mm	SC26038510N
	50mm		70mm	SC26050510N
	60mm		90mm	SC26060510N
	90mm		150mm	SC26090510N



- Single, smooth PDO filament folded in half .
- Ultra-thin wall, sharp tip needle.
- Mostly used type on various parts of face and body
- Tightening, lifting and wrinkle removal.

## Effect : Generating Collagen, Volumizing



Recommended threads can be different by patient's condition and doctor's discretion.

## ABDOMEN (MONO / SCREW/ DOUBLE/ TRIPLE THREAD)

Needle		Thread		Model Code
Gauge	Length	USP	Length	
27G	38mm	7-0 x 2	50mm	SC27038710W
	50mm		70mm	SC27050710W
	60mm		90mm	SC27060710W
26G	38mm	7-0, 6-0	50mm	SC26038610W
	50mm		70mm	SC26050610W
	60mm		90mm	SC26060610W
	90mm		150mm	SC26090610W
25G	60mm	6-0 x 2	90mm	SC25060510W
	90mm		150mm	SC25090510W

Stronger effect



**Effect : Generating Collagen, Volumizing improvement of wrinkle, Elastic skin, Fat reduce**

Recommended threads can be different by patient's condition and doctor's discretion.



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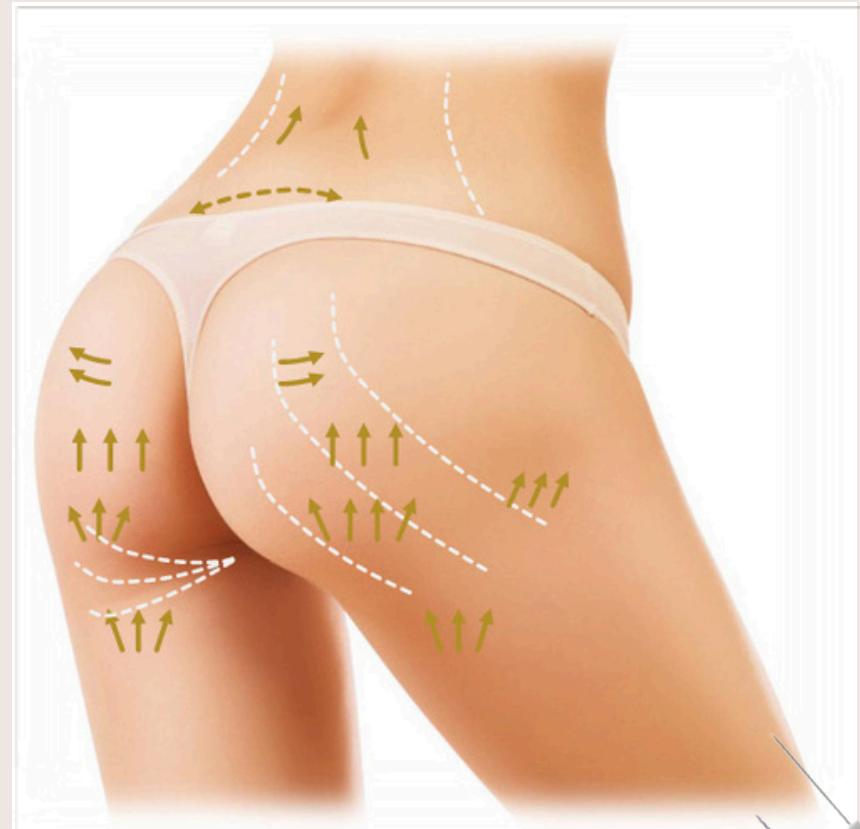
## BUTTOCKS (MONO / SCREW / COG/ MULTI THREAD)

Needle		Thread		Model Code
Gauge	Length	USP	Length	
26G	38mm	7-0 x 3	50mm	SC260387I0R
	50mm		70mm	SC260507I0R
	60mm		90mm	SC260607I0R
	90mm		150mm	SC260907I0R
25G	60mm	6-0 x 3	90mm	SC250606I0R
	90mm		150mm	SC250906I0R
23G	100mm	4-0 x 3	170mm	SC231004I0R

Stronger effect

**Effect :** Generating Collagen, Volumizing  
improvement of wrinkle, Elastic skin, Hip-Up

Recommended threads can be different by patient's condition and doctor's discretion.



# COMBINATION OF THREADS

**Blue arrows** - suitable for the Forehead, chin, lateral cheek hollow, Lower lid, Tear trough, Marionette line, Lip augmentation, but additionally, it can be used in Eyebrow augmentation, Nose, and Neck wrinkles.

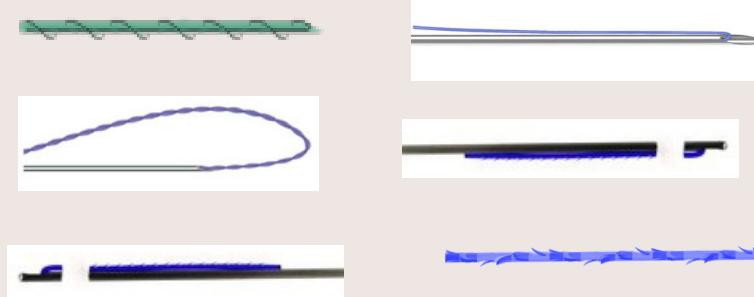
**Purple arrows** – Brow lift. Entry point and the top of the forehead. (3D Cogs)

**Orange arrows** – Foxy eyes. Entry point tail of the brow. (3D Cogs)

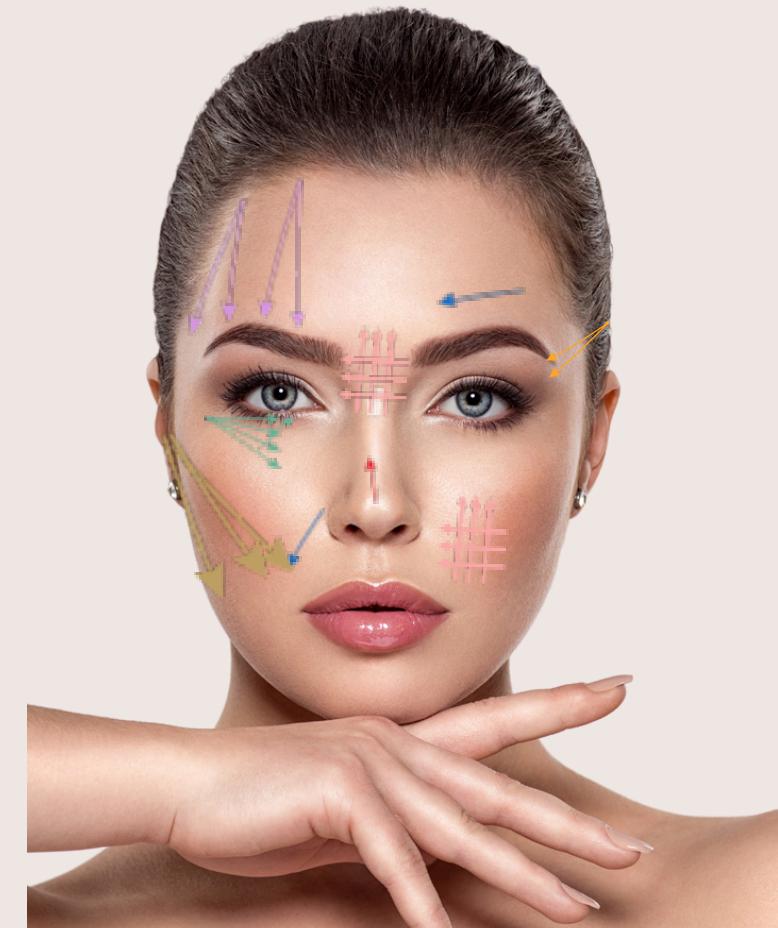
**Green arrows** – Under eye wrinkles (Screw)

**Gold arrows** – Cheek/Nasolabial folds/Marionette lines (Cogs). There is no limit to how many cogs you put in the area. Typical amount is 2 to 4 threads to lift each area.

**Pink arrows** – Building collagen with monos.



## COMMON COMBINATION



# COMBINATION OF THREADS

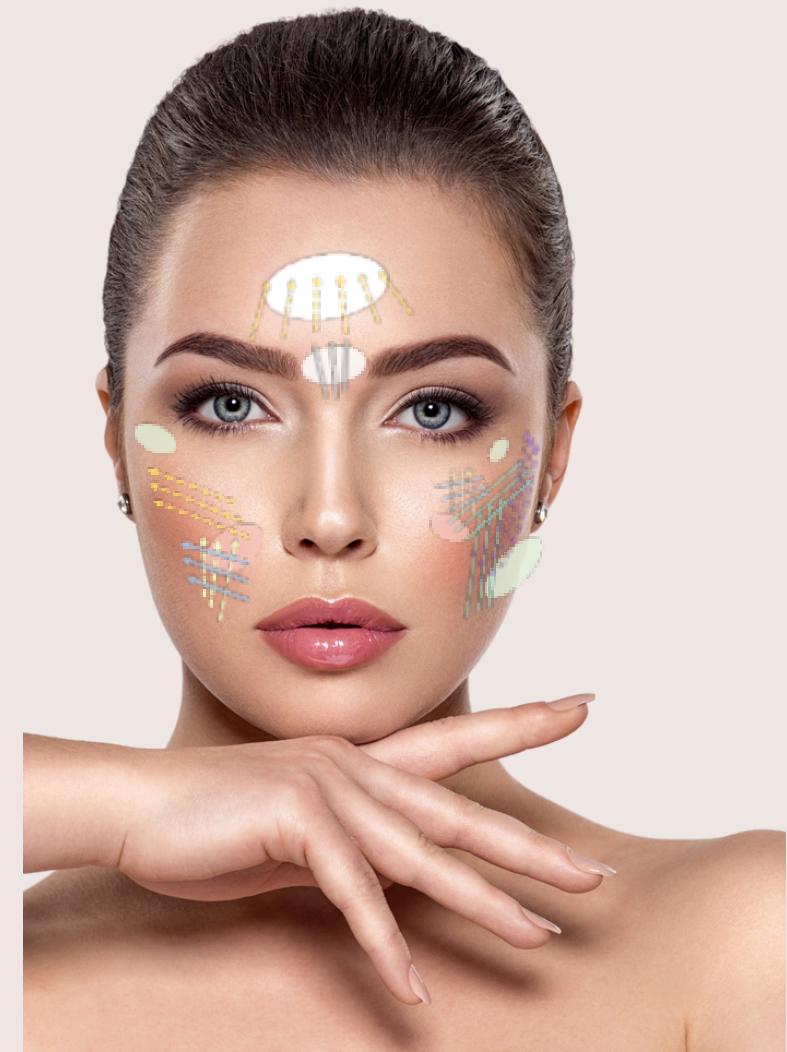
## Full Combination

One can combine threads with platelet-rich plasma, botulinum toxin type A, and dermal fillers. PRP is usually injected during the insertion of barbed threads.

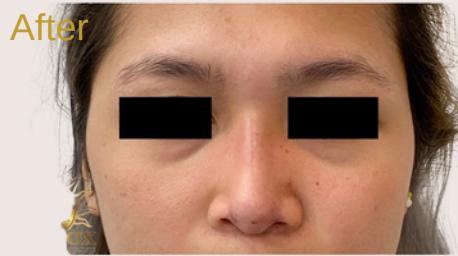
Don't combine threads with heat-generating devices such as lasers or RF before 12 weeks because the heat will cause distortion of the threads.

Patients treated with liquid PLLA treatment before have not presented with problems related to excess fibrosis. Similarly, no problems have been experienced in treating former facial surgery patients.

- Recommended threads can be different by patient's condition and doctor's discretion
- Please choose the model considering patient's size of face and condition



# BEFORE & AFTER



## BEFORE & AFTER

Before



After



Before



After



Before



After



Before



After

