



Monothread Patient FAQ

Mono threads are small, smooth threads. They are not lifting threads and do not have lift capacity, barbs or cogs. The purpose of mono threads is skin firming, skin thickening and natural rejuvenation. This results in smoother, healthier skin and improved contour.

How do mono threads work?

Mono threads are inserted under the skin in a mesh-like pattern for skin tightening. Over the next 3-4 months, these threads stimulate the formation of new collagen as they dissolve, giving even better results. Mono threads may be used alone, or in conjunction with long threads for additional support.

How many threads do I need?

The number of threads inserted is dependent on the area treated.

We favour using slightly more threads for the first procedure than standard protocols, to get a better result and reduce the need for a second procedure.

Where can I have threads?

Most threads are used for the lower face, the marionette lines, under the chin, on the cheeks and neck. They may also be used for the treatment of fine lines. Less commonly, they are used for the areas around the eyes, brows and occasionally around the mouth. Each procedure needs to be tailor-made for the client, so an initial face-to-face consultation is necessary.

When will I see results?

You will see some results straight away, however optimal results are seen after 3-4 months.

How long does it last?

Results generally last approximately 12-18 months.

How much does it cost?

Cost of threads are dependent on the area treated and type of threads used.

Is it painful?

Numbing cream will be applied prior to the procedure. Arrive makeup free 30 minutes before your procedure.

What will I look like after the procedure?

Small red dots can be expected at the entry points of the threads.

Bleeding, swelling and bruising also can be expected. You need to be careful to keep the area clean for the first few days post procedure.

What are the side effects?

Swelling, redness and bruising is common and may last up to 7 days.

This depends on the number of threads that were inserted and location of threads. Rarely, delayed bruising (bruising that occurs after a few days/weeks) may occur. Bruising creams may be prescribed to speed the duration of bruising.

There may be tenderness lasting up to one week. Sometimes, lumpiness may be felt in the treatment area, either where the thread entered the skin or along the length of the thread.

These commonly resolve on their own over a few weeks. However, should the lumps become red or tender, please contact the clinic immediately.

Will it scar?

The risk of scarring is only due to infection. Infection control is undertaken during this procedure which prevents the formation of any scars.

Post inflammatory hyperpigmentation (purplish to brownish marks on the skin following skin trauma) may occur at the insertion sites in darker skin types. This usually resolves spontaneously in 3-4 months.

Who cannot have threads?

If you have a known history of immune dysfunction, a high infection risk or a history of keloid scarring, we do not advise having a treatment.

Is it possible to damage nerves?

Mono threads are inserted superficially in the skin layers, hence damage to nerves is highly unlikely.

When do you need to repeat the procedure?

This depends on the area treated and the severity of the skin symptoms. The more threads used, the better the result. We favour more threads than the standard protocol in order to improve the results.

For mild laxity, or age “prevention”, we advise an annual treatment.

For treatments addressing lines, significant laxity, thin skin or for patients wanting maximum results we recommend 2 initial treatment sessions done 3 months apart.

What to expect:

- **Day 1:** Slight pain, tenderness and discomfort. Swelling and bruising is expected. Some lumps may be felt. You must wash the face and we recommend using a gentle antiseptic to reduce infection risk (e.g. Bepanthen antiseptic cream for the chemist). We recommend Panadol and a clean cool compress if needed.
- **Day 2:** Make up may be applied. Clean Mineral makeup is recommended to reduce risk of infection. We recommend Oxygentix as a good post procedure brand.
- **Day 4:** Areas may still be slightly tender but it will continue to improve.
- **Day 7:** Near resolution of bruising and tenderness.
- **Expected after care:**
 - Simple analgesia ie paracetamol and cold compresses may be applied
 - Arnica or Hirudoid cream may help reduce bruising.
 - **Do not** massage the face.
 - No strenuous exercise until the inflammation settles- usually 3-5 days.

- No makeup within the first 24 hrs- if you must use Oxygenetix makeup.
Avoid irritants such as active ingredients in skincare ie Retinol, Vitamin C for 3 - 5 days over the treated areas
- Avoid excessive facial movements, drinking from a straw if you have a treatment around the mouth area.
- See your medical practitioner 4 weeks after the treatment for a followup review
- Please contact us or go to a doctor if you experience increased pain, redness or discharge from the wound- these are signs on infection and would advise a course of oral antibiotics for 5 days.

When will I see results?

In some cases, improvement is visible immediately following treatment. Best results are seen after 3-4 months.