APTOS

Memo
to the patient

www.aptos.global

APTOS

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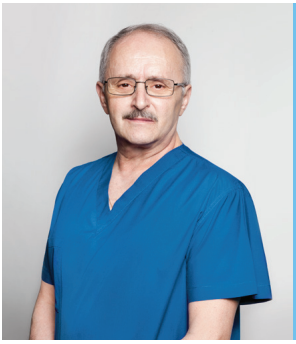
what you need to know about

Aptos Thread Lift

AS the effects of gravity become more noticeable on our faces, the supporting tissue of the cheeks weakens and starts to sag, facial fat is lost, the jaw line that used to be firm and tight forms jowls at the edges of the mouth that drift down towards the chin, and the lower face and neck sag. This sagging or drooping action of the tissue is considered by doctors as ptosis.

Traditionally, the tendency for sagging would lead most people to a cosmetic surgeon in search of a facelift; however, there is now a less invasive procedure available which can lift, contour and suspend the sagging tissues of the face, neck and body in those people who need only little to moderate rejuvenation.

Thread lifting is a procedure which involves elevating various parts of the face and body using specially designed threads without having to make incisions as during the conventional face lift. Besides lifting, threads improve skin tone, texture, color and hydration.



Dr. Marlen Sulamanidze, thought that if you took suture and cut barbs along its length, it could act as a rope to hold up a drooping brow, cheek or jowl; and this resulted in the development and creation of APTOS threads in the late 1990's. These barbed threads have now been patented, and further developed. Other forms of threads, both barbed and smooth have also now been developed for use in thread lift procedures.

If you're considering having APTOS thread lift, the following information will give you a basic understanding of the procedure. It can't answer all your questions, since a lot depends on the patient and the surgeon.

PLEASE ASK

your surgeon about anything you don't understand.

Who are the candidates for THREAD LIFT?

Ideal candidates for thread lifts include people with minimal signs of ageing who need just a small lift. Usually, these are women and men between 35 and 55.

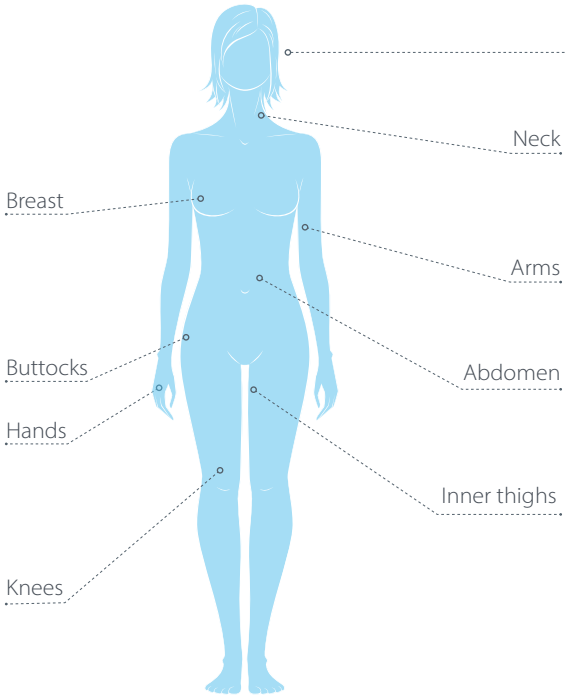
Right candidates are those patients who have:

- Mild to moderate signs of ptosis of the skin
- Loss of tissue volume
- Development of fine lines and wrinkles
- Sagging eyebrows
- A relaxed / sagging mid-facial appearance
- Thinning of the lips
- Prominence of the jaw
- Slight bags under the eyes or on the neck
- Patients with some relapse from a previous procedure such as a facelift or neck lift
- Facial asymmetry
- Skin dehydration

Poor candidates are:

- Those patients who have excessively sagging skin at an advanced age will show a very limited improvement
- Those patients who are obese, or have very heavy, rugged skin too will show minor improvement. In these patients, thread lift can be combined with liposuction

Application areas:



- Cheeks and mid-face area
- Contours of the face
- Submental area
- Jaw line (jowls)
- Eyebrows
- Nose
- Ears
- Lips

Are there eny condraindications to Aptos thread lift?

- Allergy to plastic, biomaterial, permanent fillers
- Active acne or skin infection
- Keloid predisposition
- Auto-immune diseases: scleroderma, sarcoidosis, amyloidosis, etc.
- Anti-coagulant medication: coumarin & heparin
- Haemophilia
- Hypertension, stages 2 and 3
- Severe diseases
- Collagenosis
- Neurological and mental disorders
- Pregnancy, breastfeeding
- Malignancy/Chemotherapy
- Hepatitis B & C, HIV
- Porphyria
- Previously implanted permanent fillers

What you need to know

before the procedure:

- No special preparation is required prior to the 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 medicines you are currently taking
- Avoid blood-thinning medicines and vitamin E a week before and after treatment
- Application of APTOS threads must be performed by a doctor who has undergone specific training
- The procedure is not painful. The treatment is performed under local anaesthesia. The procedure does not leave scars

The 20-minute procedure:

- Applying APTOS threads takes around 20 minutes in a treatment room
- Most patients are able to resume work the same day after the procedure. For patients who have multiple threads inserted, there can be more discomfort
- The treatment will be adapted to your preferences and can be combined with other aesthetic procedures

ADVANTAGES OF APTOS THREAD LIFT

- ✓ Double action: lifting and rejuvenation
- ✓ Minimally invasive procedure performed under the local anesthesia
- ✓ 20 minute procedure
- ✓ Immediately evident results
- ✓ Minimum of downtime
- ✓ New collagen growth and increased microcirculation
- ✓ Long-term effect (1,5-5 years depending on thread composition)

What happens immediately after the treatment?

Like all procedures of this type there is a possibility of side effects, although not everybody experiences them.

Side effects are temporary and may include:

- Pain
- Swelling
- Temporal asymmetry
- Transient rippling or dimple formation
- Transient hematoma or bruising
- Slight depression or skin irregularity

These inconveniences should disappear a few days after treatment.

Post-Treatment Recommendations

- Apply ice packs immediately after the procedure
- Take analgesics in case of pain for 2-3 days
- Refrain from applying make-up for minimum 24 hours
- Sleep face up, in an elevated position on pillows for about 3-5 nights
- Wash face gently without rubbing or massaging for 5-7 days
- Avoid excessive face and neck movements for about 2 weeks
- Avoid face and neck massages for 1 month
- Avoid over-exposure to direct sunlight for 2 weeks
- Avoid sports and exercise for 2 weeks
- Do not use saunas for about 3 weeks
- Avoid dental surgery for 3 weeks

Recommended medicines:

- For swelling apply Traumeel gel, Troxevasin gel and other creams several times a day for 1-2 weeks
- Use antiseptics (chlorhexidine, miramistin, etc) for the areas of intervention
- For pain use analgesics, such as ketonal, diclofenac, ibuprofen etc
- Take antihistamines, such as tavegil, klaritin or others
- For the prophylaxis of infection doctor might recommend wide spectrum antibiotics for 5 days
- If necessary (depending on the indications) it is recommended to wear an elastic bandage for about 2 weeks
- For accelerated rehabilitation microcurrent stimulation is recommended. Thanks to this procedure you can quickly improve structure of the skin, making it more elastic. It is recommended to start microcurrent stimulation on the second day after the thread lift
- If you experience any side effects not listed above, including high fever, increasing pain, redness and swelling at the area of intervention or other unpleasant and unnatural sensations, please contact your doctor

What will I look like after the procedure?

Compared with traditional face lift - which leaves visible changes and well hidden but clear scars, Aptos thread lift does not leave scars or alter the face's original features. You will look like on the pictures of yourself several years ago.

BEFORE AFTER

PATIENT QUESTIONNAIRE

This information will help us prepare for your anesthesia and procedure. Please fill out as completely as you can

Patient (name, surname)

Date of birth (dd/mm/yy) / /

Phone number

City / Date /

Clinic name

1. List any chronic conditions which you have been diagnosed

2. Indicate the time since the last exacerbation

3. Was the treatment of this disease carried out?

   Yes ☐ No ☐

   If yes, please indicate the result

4. Do you have any infectious disease right now (herpes, influenza etc.)?

   Yes ☐ No ☐

5. Have you undergone any cosmetic procedures?

   Yes ☐ No ☐

6. Were there any complications?

Yes ☐ No ☐

If yes, please indicate

7. Do you bruise easily?

Yes ☐ No ☐

8. When you get a cut, is it hard to stop the bleeding?

Yes ☐ No ☐

9. Do you suffer, or ever suffered from swallowing disorders (dysphagia)?

10. Do you or your blood relatives have hereditary diseases (e.g. congenital muscle weakness, myas - thenia gravis)?

Yes ☐ No ☐

If yes, please indicate

11. Are you prone to:

pigmentation disorders

Yes ☐ No ☐

light sensitivity

Yes ☐ No ☐

nervousness or mental disorders, such as seizures (epilepsy), paralysis, depression

Yes ☐ No ☐

12. List all medications you are taking, including over the counter, herbal or natural remedies

13. List all your allergic diseases and allergies to medications, anesthetics, LATEX, shellfish, iodine, dye, eggs or other food

14. If you have had any surgeries, please list them all (including facial surgery)

15. Do you have, or have you ever had any problems with your heart (e.g. hypertension, heart attack or myocardial infarction)?

    Yes ☐ No ☐

    If yes, please indicate when and what kind of problem

16. Do you suffer from infectious diseases: HIV, hepatitis, syphilis?

    Yes ☐ No ☐

    If yes, please indicate

17. Have you ever been inserted implants or injected fillers

    Yes ☐ No ☐

    If yes, please indicate when and what exactly

18. Have you undergone laser therapy?

    Yes ☐ No ☐

19. Have you ever undergone an aesthetic lifting operation?

    Yes ☐ No ☐

females only:

20. Are you pregnant or planning pregnancy?

    Yes ☐ No ☐

21. Are you nursing a child?

    Yes ☐ No ☐

WRITTEN CONSENT

Doctor: _____

Patient: _____

Date of APTOS Thread Lift: _____

(DD/MM/YY)

Threds to be used: _____

(should be indicated by doctor)

Correction zones

(should be marked by doctor)

- I read the memo, I had no questions, and I will follow all the recommendations.
- I answered the questions honestly and did not concealed any information that directly or indirectly can affect the procedure and postoperative processes: including past procedures and medical interventions, drugs and other medications that I received or receive now.
- During an explanatory conversation with my physician, I was acquainted with technical features of the procedure. I thoroughly considered the information received and do not need additional time to make a decision. I agree to the procedure.
- I was informed about the possible complications and side effects. The doctor answered all my questions.
- I agree to take photos and make videos for a comparative evaluation of before and after results of the procedure and its results in the future and for their use for scientific and educational purposes by the clinic and doctors, including various types of publications, professional websites and scientific conferences for presentation to the professional audience.
- I am aware that the procedure is carried out on an outpatient basis and after there is required skin care at home.
- I was informed that the procedure is performed under local anesthesia.
- I was informed that my failure to comply with the recommendations of the doctor exempts the medical institution from responsibility for the unfavorable procedure.
- I know that before the procedure I can, withdraw my written consent.
- I confirm that I have reached the age of 18.

Date _____

Signature _____
(patient)

Signature _____
(doctor)

NOTES

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