



## When Experience Matters: Thread Techniques for a Minimally Invasive Facelift

BY MARTIE EMORY

If you're still on the fence about committing to facelift surgery, it's time to learn about a new procedure that's been developed to fill the gap between non-invasive facial rejuvenation and a full facelift.

You know the super talented team at Restoration MedSpa for its dedication to the finest skin care and body treatments, and their reputation for building interpersonal relationships with every patient. Now, meet the "thread lift" – a method that places temporary sutures in the face or neck area to provide a visible, yet subtle, "lift" in the skin. While there are few skilled injectors in the region who can perform this procedure, the Triad is fortunate that Marisa Faircloth, PA-C, owner and founder of Restoration MedSpa, is one of them!

Here's the process: Instead of removing the patient's loose facial skin surgically, the cosmetic practitioner simply supports the skin, which has the same effect of pulling the skin back slightly, and therefore lifting and tightening the entire face. In addition to being ideal for lifting the skin, threads combat aging in another way, by engaging the body's natural "healing response" and causing the body to build collagen in the treated areas. This creates thicker, healthier skin which hinders the overall aging process. Plus, it provides ongoing and progressive rejuvenation for the facial tissues.

"Not that many years ago, turning back the clock meant heading to a plastic surgeon to discuss a complete facelift – an often painful and expensive option," says Marisa. "But today, you can soften the effects of time on your face with many non-surgical procedures, including the use of threads. In fact, I think the no-knife approach can leave you looking much more natural, at far less cost, and with little, if any, downtime."

While these threads are in place, the body's healing response will be constantly activated because the body will want to "heal" the sutured areas and continue to produce new collagen.



*Marisa Faircloth, PA-C, owner and founder of Restoration MedSpa, is a gifted practitioner who specializes in minimally invasive threading techniques.*

*Photo credit: Bert Vanderveen*

"The body is biologically programmed to react this way when it senses any foreign object present within the dermis," Marisa explains. "Fortunately, because the threads placed under the skin during a thread lift are so small, the patient will not feel any of this happening. Most people cannot feel their sutures at all once the skin has healed around them."

Marisa offers some important tips if you're considering a thread lift:

- Make an appointment with a skilled practitioner who is willing to spend quality time providing a customized approach to meet your specific needs. Choosing wisely is a must, so study online reviews and recommendations from friends and family. Also, remember that not everyone who offers threads keeps up with the quickly changing trends and practices.
- If you're age 60 or older, don't realistically expect to look 25 after your treatment. Subtle changes can certainly trim off years, but instead of looking decades younger, you'll simply appear ageless and timeless. Just enjoy hearing friends say you look unbelievably good for your age!

- Avoid any practice that doesn't make non-invasive procedures a primary offering. Learning the subtle complexities of muscular and bone structure, and how someone will respond to threading techniques truly is an art, which requires years of professional experience. Keep in mind if a practitioner is offering free or low-cost threads, there's likely a reason their schedule isn't completely booked!
- Finally, a thread lift combined with other procedures can provide added benefits, so Restoration MedSpa provides very customized recommendations. We are happy to offer complimentary consultations ahead of time to discuss every available option.

You can schedule an initial visit online at [restorationmedspa.com](http://restorationmedspa.com) or call 336-999-8295. Visit the Winston-Salem location at 250 Executive Park Blvd, Suite 105, and the Greensboro location at 1175 Revolution Mill, Suite 6.