

## **ADVANCED TECHNIQUES IN NON-SURGICAL THREAD LIFTING: MASTERING PDO AND PCL THREADS**

### **Course Overview:**

Embark on a comprehensive journey through PDO (Polydioxanone) and PCL (Polycaprolactone) Thread Lifting in our immersive two-day program tailored for aesthetic practitioners, guided by Korea's foremost aesthetic practitioners.

Participants will deepen their understanding of indications, contraindications, and potential side effects, mastering complication prevention, identification, management, and post-procedure care. The afternoon is dedicated to continued hands-on practice with live models, refining thread lifting skills under expert guidance and receiving personalized feedback. The program concludes with an open Q&A session, ensuring comprehensive understanding, and certification for all participants, equipped with the expertise and confidence to integrate PDO and PCL thread lifting effectively into their aesthetic practices.

## Day 1 :

Registration

10:00 a.m.

---

### Morning Session: 10:00am - 12:30pm

#### Introduction to PDO & PCL Thread Lifting

- History and development of PDO (Polydioxanone) and PCL (Polycaprolactone) Thread Lifts
- Overview of traditional and innovative thread lifting techniques
- Chemical and biological properties of PDO & PCL threads.
- Types of Threads and their advantages

#### Anatomy and Physiology

- Detailed study of facial anatomy relevant to thread lifting procedures.
- Understanding tissue layers and injection points.

#### Combination Therapies

- Integrating thread lifting with other procedures (e.g. dermal fillers, RF)
- 

### Lunch Break

12:30 p.m. - 1:30 pm

---

### Afternoon Session: 1:30pm - 5:30pm

#### Live Demo & Hands-on Workshop ( Part 1)

- Live demonstration of PDO thread lift procedures by expert instructors including non-surgical nose lifting, foxy eyebrow, eye bag removal using RF, cheek lifting, min face lifting, mid face enhancement and face rejuvenation using PRP
- Practice inserting smooth PDO threads in various patterns.
- Techniques for lifting and filling wrinkles, enhancing lips, and contouring cheeks and jawline.

PROGRAM

## Day 2:

Registration

10:00 a.m.

---

### Morning Session: 10:00am - 12:30pm

#### Review and Analysis of Day 1 Live Demonstrations

#### Advanced Techniques and Technology

- Innovative thread lifting techniques and technologies.
- Integration of imaging technologies for precise thread placement.
- Use of imaging technologies (such as 3D imaging or ultrasound) for precise placement of threads.
- Application of biocompatible materials and their advantages in thread lifting.

#### Indications, Contraindications, and Side Effects

- Understanding when PDO thread lifts are suitable.
  - Common contraindications and potential side effects.
  - Preventing, Identifying and managing complications during thread lifting.
  - Importance of post-procedure care and follow-up.
- 

### Lunch Break

12:30 p.m. - 1:30 pm

---

### Afternoon Session: 1:30pm - 5:30pm

#### Hands-on Workshop (Part 2)

- Continued practical sessions with live models.
- Refinement of thread lifting techniques under guidance.
- Personalized feedback and coaching from instructors.

#### Q&A, Certification, and Closing

- Open forum for final questions and discussions.
- Certification of completion for participants.

PROGRAM