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## **New methods of face and neck rejuvenation with minimal invasive thread lifting methods - Aptos**

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The last decades have seen new priorities in treatment of a flabby, ageing face towards minimally invasive aesthetic surgery, to be accompanied and followed by the requirements to perform such interventions with the maximally reduced health hazards, with inconsiderable injury, without cuts and, respectively, to be followed by no resulting scars, as well as a short postoperative period. Many methods complying with these requirements have been proposed. One of them is the so-called APTOS method, which has received wide recognition amongst surgeons and dermatologists in more than 50 countries. These various methods can be associated to improve face réjunévation simultaneously or according to a planed strategy. We propose a new reviewing presentation, including new absorbable APTOS threads: Light Lift, Excellence and Nano. After having explained the technology of the threads, we will discuss the good patient indication, the criteria which determine the choice of the threads and methods for each type of patient. There are many techniques and we will present them with videos. Then, we will discuss the results, unsatisfactory outcomes obtained and complications encountered, as well as how to improve the cosmetic outcomes to be obtained. To conclude, we will propose a strategy for the long-term treatment of the neck and the face, preventing surgical management of the ageing process. The report is based on our experience gained in applying the Aptos barbed threads devised by the authors and using the respective methods for treatment of more than 100,000 patients suffering from facial soft-tissue ptosis, manifested wrinkles and folds. Along with it, we discuss a new method of facial thread lifting the so-called APTOS Light Lift, Excellence, and Nano.

### **Biography**

Laurence Benouaiche a Plastic, Reconstructive and Aesthetic Surgeon was the former Head of University Clinic. She is a Hospital Assistant in Necker Sick Children University Hospital, Department of Plastic and Maxillofacial Surgery, Pediatric Stomatology; Doctor of Sciences of the Life and Health of the National Museum of Natural History of Paris. She is also the Former Student Official at the Normal High School, Paris. She is a Teacher at the University Paris Descartes. She contested in PCEM1 course in Necker Sick Children University Hospital.

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