

LIFTING · THREAD LIFT

Thread Lift: What to Know

The Bliss Lift: absorbable cog threads that reposition descended tissue. What they do and do not do, how to prepare and how to care for the treated face.

A thread lift repositions tissue; it does not tighten skin or add volume. In the Bliss Lift, Dr Sin Yong places absorbable PDO and PCL cog threads in the subcutaneous plane, above the SMAS, to carry descended tissue of the jowl, midface or brow back toward an anchor point. It is done under local anaesthetic with no incision and no general anaesthesia. This guide explains who it suits, how to prepare, what to expect afterwards and which signs need a call to the clinic.

What it is

The threads are absorbable suture polymers. PDO (polydioxanone) hydrolyses earliest and PCL (polycaprolactone) slowest, so their mechanical support tapers on different curves. Only cog threads, which have barbs along their length, carry a lifting vector. Mono threads are smooth and leave a line of collagen along their track without repositioning anything.

Lifting threads sit in the subcutaneous fat: beneath the dermis, so they are not seen or felt, and above the SMAS, so they stay superficial to the facial nerve branches and the parotid duct. The SMAS itself is not moved. That is a surgical manoeuvre, and it is the line between a thread lift and a facelift.

- Repositions a descended fat pad; the change is mechanical and begins on the day.
- Does not tighten skin, remove skin, add volume or change skin quality, pores or pigment.
- Cannot be dissolved on demand, unlike hyaluronic acid filler; an intact thread can sometimes be removed physically in the early period.

Who it suits and who should wait

Threads suit a face where the problem is descent of a mobile fat pad, with skin that still has elasticity and no large volume deficit: an early jowl, a midface that has slid, a lateral brow that has dropped. They suit less well where skin is very thin, because a cog can show or dimple; where laxity is established, because the excess simply redistributes; where the face is heavy with subcutaneous fat; and where volume loss rather than descent is producing the fold. The deciding factor is tissue, not age.

- Wait if you are pregnant or breastfeeding, or if there is active infection or inflammation along the planned vectors.

- A bleeding tendency or blood-thinning medicines must be reviewed first.
- Keloid or hypertrophic scarring history and previous non-absorbable implants in the same plane are assessed individually.
- Heavy skin excess, platysmal banding or a full submental fat pad point to a different mechanism or a plastic surgery assessment.

Before your appointment

Dr Sin Yong examines the face upright and in animation, checks skin thickness and elasticity by pinch and recoil, and identifies which fat pads have moved and which have deflated. With you seated, the anchor points and vectors are drawn on the skin, and only then is the number of threads known.

- Declare blood-thinning medicines, supplements such as fish oil, and any bleeding tendency.
- Tell the clinic about previous filler, threads or implants in the face, and any keloid history.
- Avoid strong sun exposure on the face and pause strong skincare actives as advised.
- Tell the clinic if you are pregnant, breastfeeding or have dental work planned.
- Bring photographs of your face from earlier years and records of past facial treatments.

On the day

Entry points are numbed with topical anaesthetic and local anaesthetic is infiltrated along each vector. A blunt cannula or sharp needle carries the thread into the subcutaneous plane along the drawn line, the cannula is withdrawn, and tension is applied toward the anchor so the barbs engage. The thread end is trimmed flush beneath the skin so nothing protrudes.

Through anaesthetised tissue the passage of the cannula is felt as pressure and traction rather than sharp pain. Threads are sometimes staged with an energy-based treatment or with filler, but what is combined, and in which order, is decided at consultation rather than added on the day.

- Eat beforehand; wide chewing is restricted afterwards.

The first days

Swelling, bruising at the entry points, tenderness along the vectors and a pulling sensation when you open your mouth wide are expected early on. Small dimples where a cog has engaged the tissue usually settle as the swelling resolves; a persistent one can be released. The early appearance is not the final one: tightness eases and the collagen response develops gradually.

- Sleep face-up with your head raised; avoid sleeping face-down.
- Avoid wide yawning, chewing hard food, facial massage and vigorous facial treatments while the cogs engage.
- Postpone dental work until the clinic says it is reasonable.
- Keep the entry points clean and leave them alone.

- Facial ageing continues after a thread lift; no duration is promised, and review timing is set at consultation.

Questions to ask

The answers show whether threads are chosen for your face or offered as a default.

- Is my problem descent, laxity or volume loss, and which of those do threads address?
- Which thread material and type will be used for each vector, and why?
- What happens if a thread shows, migrates or needs to come out?
- Would a different mechanism, or no treatment, serve me better?

When to contact the clinic

- Pain that increases rather than settles.
- Spreading redness or warmth along a thread path or at an entry point.
- A thread end that shows through the skin, or that can be felt as a hard line.
- A dimple or pucker that does not settle as the swelling goes down.
- An asymmetry that persists once the swelling has gone.
- Any change in facial movement or saliva pooling in the cheek.

WhatsApp +65 8023 7170. For a suspected vascular problem after filler, or any sudden change in vision, seek emergency care immediately and tell them what was injected.

This guide is general information and not a substitute for an assessment. Read the full page: drsinyong.com/thread-lift-the-bliss-lift/. Medically reviewed by Dr Sin Yong, 7 October 2026.

REFERENCES

1. A Meta-Analysis and Systematic Review of the Incidences of Complications Following Facial Thread-Lifting. Aesthetic Plastic Surgery (PubMed). <https://pubmed.ncbi.nlm.nih.gov/33821308/>
2. Facial Thread Lifting Complications. Journal of Cosmetic Dermatology (PubMed). <https://pubmed.ncbi.nlm.nih.gov/39760325/>