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### Long term follow-up report on the effect of PLGA sutures in Asian with mid-face laxity

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**Objective:** This is a 24-month prospective follow up study that aims to determine the efficacy of mid-face lifting and lower jawline contouring in Asian patients with poly lactic-co-glycolic acid (PLGA) sutures.

**Method:** Ten healthy volunteers received three pairs of 8-cones bidirectional cones sutures in the mid-face. One out of ten volunteers lost to follow-up at 12 months, the other patients followed up to 24 months. An "improvement" refers to at least a "one-grade change" in the facial laxity rating scale (FLRS) was the primary outcome measure. Other assessment parameters include the severity of the nasolabial fold, NLF (WSRS). Secondary outcome measures are the self-satisfaction rating scale (SSRS) and global aesthetic improvement scale (GAIS) graded by participant, completed at each interval follow-up. Data collected were analysed by a statistician and computer software program using paired t-test, and their T-test effect size using Cohen's d measure.

**Results:** There was an "improvement" in mid-face almost immediately and linear progressive trend up to at least 12 months following intervention without deterioration at 24 months. Such "improvement" was clinically significant ( $p < 0.05$ ), and the differences were large (Cohen's  $d > 0.8$ ) between before and after treatment at each follow-up interval over the follow-up period. Contour improvement for the lower face followed a similar trend, except a delay in the observable differences at three months (Cohen's  $d = 0.29, 0.8$  at 6 weeks and 3 months). The difference in the improved level of satisfaction was clinically significant ( $p < 0.05$ ) from 6 weeks up to 24 months, which peaked between 12 and 18 months based on both GAIS and SSRS ratings.

**Conclusion:** Mid-facing lifting in Asian patients with mild-to-moderate laxity is safe and effective with PLGA bidirectional cones sutures, with concurrent improvement in the lower face contour and an elevated patients' satisfaction over the 24-month follow-up period.

#### Recent Publications

1. Lam PKW, Lee JY, Lee AKW, Luk WL, Tam PMK, Lee CH. Outcome of mid- and lower face lifting using bidirectional cone sutures at 6 months and 1 year. *Journal of Cosmetic Medicine*, 2021.
2. Lam PKW. How to correct and prevent mid-face widening after using floating (or non-fixation) type polydioxanone thread-lift, *Journal of Cosmetic Medicine*, 2020.
3. Lam PKW, Lam JY, Lau KC, Luk WL. Early results of bidirectional cone sutures for mid-face lifting in Asian patients, *Journal of Cosmetic Medicine*, 2020.

#### Biography

Lam Kar Wai Phoebe practices in cosmetic surgery mostly dedicated to fields of blepharoplasty, rhinoplasty, thread-lifting, autologous fat grafting in the face and body contouring. Within the realms of aesthetic artistry, she generates her hallmark by accentuating the natural beauty of human beings that define their characteristics and personalities. In a world where medical sciences continually advance, she acquires the most up-to-date cosmetic technologies through her extensive training across Korea, Taiwan, Europe, and the USA, with preeminent aesthetic societies including TAAMS, IFAAS, ECAMS, AACS and AFFPRS.

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