



## Introducing Silhouette Soft®

The thread lift to help transform  
your patients' confidence.

Models are not actual patients.

 SILHOUETTE SOFT®

Are you looking for the best way  
to help your patients...

Correct skin laxity and volume displacement  
in the jaw, eyebrow, jowl and neck?

Redefine ageing jawlines?

Get immediate results that last?

All whilst stimulating natural collagen production?

Look no further.

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Why Silhouette Soft is right  
for your patients - and you

# Discover Silhouette Soft

Silhouette Soft is a highly effective thread lift that can be used to reposition the skin tissue in the midface, jawline, eyebrow and neck. It corrects skin laxity, so you can help your patients treat the visible signs of ageing.

Read on and discover what it can do for your patients and your clinic...



Model is not an actual patient.



# Introducing Silhouette Soft

When it comes to treating the visible signs of ageing, Silhouette Soft instantly improves skin laxity and volume displacement, with results that last up to 24 months.<sup>1</sup> All in a single treatment session, with minimal patient downtime.

## What is Silhouette Soft?

Silhouette Soft products are sterile, implantable and bioresorbable medical devices. They are intended for use in adult patients to reposition and fixate the sub-dermis in an elevated position to treat morphological asymmetry and tissue laxity.

## The device

Silhouette Soft devices contain a single poly L-lactic acid (PLLA) monofilament, onto which are threaded a number of poly (L-lactic-co-glycolic) acid (PLGA) hollow cones.

## Bidirectional cone technology

The cones provide tissue anchoring and are divided equally on either side of a cone-free central portion; the two portions of cones face in opposite directions creating a 'repositioning' side of the device and an 'anchoring' side.

Each cone is kept separate from its neighbouring cone by means of a series of knots in the monofilament. The spacing of the knots allows a small range of movement that enables the devices to dynamically adapt to the tissue during insertion and suspension.

## Optimised treatments

There are several variants within the product family; the primary distinguishing features being the number of threaded cones, the spacings between them, and the 'active length'.

8, 12, 12-cone short and 16-cone device variants are available, meaning that the treatment can be optimised to suit the dimensions of the area to be repositioned and the number of cones needed for tissue engagement. Recommended treatment patterns can be found from page 40.

## 'Ready to use' set

All Silhouette Soft devices also contain two stainless steel needles to aid implantation, one needle crimped to each end of the monofilament thread.

## Long lasting results

Silhouette Soft results last up to 24 months,<sup>1</sup> depending on the individual degree of laxity.

## Choose convenience and confidence

Ideal for busy lives, Silhouette Soft is an outpatient procedure that you can perform in under an hour using just local anaesthesia. There's minimal patient downtime, and most people return to normal activities the next day.<sup>2</sup>

## Safe and effective

Silhouette Soft has an excellent safety record<sup>1</sup> with a very low adverse event rate.<sup>1</sup>

## Did you know

Close to 300,000 treatments have been performed so far, in more than 70 countries.<sup>3</sup>



**PERFORMED IN UNDER AN HOUR USING JUST LOCAL ANESTHESIA.**



**SAFE,<sup>1</sup> MINIMALLY-INVASIVE AND BEAUTIFULLY EFFECTIVE.**



**LONG-LASTING RESULTS. UP TO 24 MONTHS.<sup>1</sup>**



**PERFORMED IN MORE THAN 70 COUNTRIES.<sup>3</sup>**



**MINIMAL DOWNTIME. MOST PEOPLE RETURN TO NORMAL ACTIVITIES THE NEXT DAY.<sup>2</sup>**



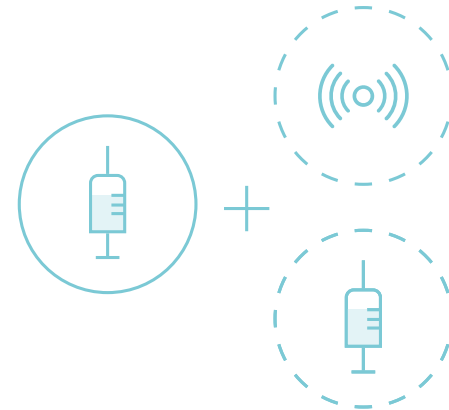
## Dual action enhancement

### Instant results

Resorbable PLLA threads with unique bidirectional cone technology to provide instant lift and correct skin laxity for a more youthful look.

### Gradual enhancement

Silhouette Soft threads also stimulate gradual and sustained tissue regeneration; stimulating natural collagen production for natural-looking and longer-lasting results.<sup>4</sup>



## Combine<sup>5</sup> for a complete transformation

Silhouette Soft can be complemented with other aesthetic treatments including skin resurfacing treatments, injectables and energy-based devices like lasers, ultrasound and radio frequency. When timed and sequenced to ensure satisfactory healing between treatment stages, combination treatments create beautiful results with minimum downtime.



## For the very best results

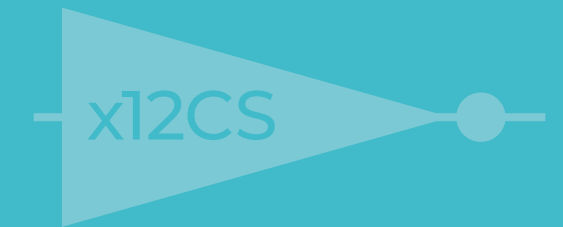
Silhouette Soft is the thread lift to help transform your patients' confidence. However, careful patient selection and treatment planning is key for the most effective and long-lasting effects.<sup>4</sup>

When selecting the patient, it's important to:

- Assess the severity of laxity – the most suitable patients present with Mild to Moderate skin laxity.
- Assess the quality of the skin – this should be neither too thin, nor too thick.

To help, we've created a **Skin Laxity Scale tool** – find out more on page 38.

# Introducing the new 12-cone short suture



## Do you treat volume displacement and skin laxity around the marionette line?

Then you need to know about our new 12-cone short suture. This powerful new device is capable of significant tissue repositioning, offering increased cone density for more clinician choice.

Learn about the science.  
See how it works on page 30.

# The business case for Silhouette Soft

## Why choose our premium thread lift?

Imagine offering your patients the results they desire – with minimal downtime? Now results and convenience are combined<sup>5</sup> with the Silhouette Soft thread lift. It's a powerful tool to help patients defy age and gravity, and build your reputation and practice.

## A powerful tool

This highly effective thread lift that can be used to reposition the skin tissue in the midface, jawline, eyebrow and neck. It's the fast, effective, proven way to correct skin laxity, providing a discreet gravity-defying effect, so your patients can achieve the results they want without resorting to surgery.

See more on page 40.

82% would  
recommend  
to a friend.<sup>6</sup>

---

83% were pleased  
with results.<sup>6</sup>

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Model is not an actual patient.

# The business case for Silhouette Soft



## Upgrade your offer

Silhouette Soft is a premium patented thread lift product – available to carefully selected customers by Sinclair – so working with us brings prestige, as well as access to exclusive services and benefits.

It combines<sup>5</sup> effectively with other procedures including fillers, botulinum neurotoxin injections and EBD treatment plans – creating a sustainable, buildable income stream.



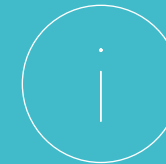
## Five reasons to read on...

1. Silhouette Soft is performed under local anaesthesia, and downtime is minimal – many patients return to work the next day.<sup>2</sup>
2. It's a highly effective outpatient procedure that you can typically complete in under an hour.
3. Patients get immediate results: the appearance of sagging skin is improved, and the jawline is redefined.
4. Treatment outcomes improve over time – Silhouette Soft provides gradual and sustained tissue neocollegensis by stimulating natural collagen production.
5. Results last up to 24 months<sup>1</sup> – retreatments are commonly performed from 12 months onwards, depending on individual patient needs, supporting a regular income stream.



## Supporting you and your business

As well as offering one of the safest,<sup>1</sup> most effective thread lifts on the market, Silhouette Soft brings additional benefits to your business. Sinclair offers training and ongoing support, so you can give patients unparalleled results with the highest safety standards. It's all about investing in your success – as a clinician and as a business – because when you achieve great things, we all grow and thrive.



## Our clinic support package includes:

### Sinclair College

High-quality online educational resource to support hands-on aesthetic training and provide additional practice development services.

### Specialist training and dedicated Account Manager

Access all the support you need to create outstanding visible results . It starts on page 14, where you can learn more about recommended pattern protocols.

### The Silhouette Soft Laxity Scale

This invaluable tool to help you and your patients get the most out of treatment visits. Discover how it can support you on page 34.

### Professional marketing support

Access high-quality marketing materials including promotional waiting room videos and brochures, all for free.



# Choose Silhouette Soft for results you can rely on

So far, clinicians in over 70 countries have chosen Silhouette Soft to enhance their patients looks and confidence – together performing close to 300,000 successful treatments.<sup>3</sup>

Here's what they have to say...



Model is not an actual patient.

“Silhouette Soft is my preferred method for non-surgical correction of facial laxity and volume displacement. It offers natural-looking, effective results and improves skin quality. It is a safe office-based treatment with minimal downtime for patients.”

**Dr Francisco de Melo**<sup>7</sup> Consultant Plastic Surgeon, Aesthetics International Dubai, Dubai, UAE.



“Silhouette Soft is a minimally-invasive treatment that leaves no scars and can be successfully used throughout the face, providing a fresher and younger look. The added benefit is the procedure takes less than an hour and there's minimal downtime.”

**Dr. Victoria Manning**<sup>7</sup> Medical Aesthetics Doctor, River Aesthetics, London, United Kingdom.

“I'm passionate about creating beautiful outcomes for my patients, but would never compromise on safety. Silhouette Soft lets me create results that delight, using a product with a proven safety record. It helps to build my patients' confidence – and I'm confident recommending it.”

**Kyungkook Hong, M.D, Ph.D.**<sup>7</sup> Dermatologist, Hus-hu dermatology Clinic, Seoul, South Korea.



**Results-focused?** See full case studies on page 68.



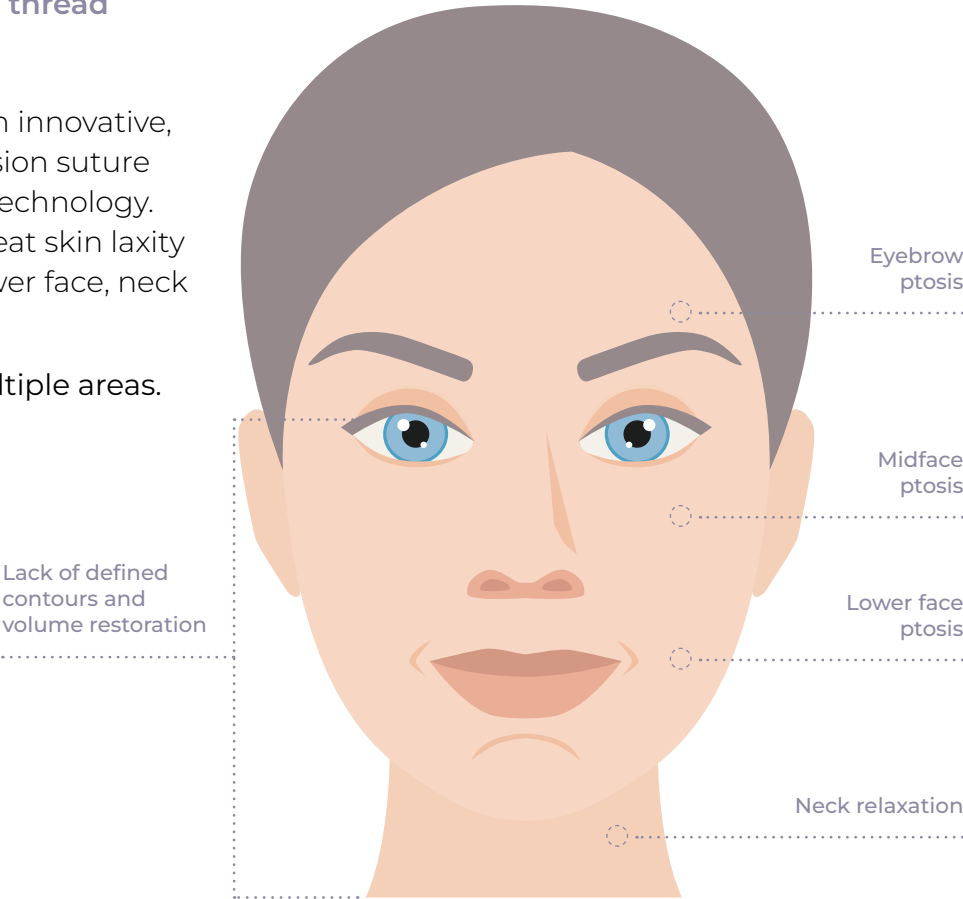
# The product in detail

## What is Silhouette Soft and why is it special?

### How our premium thread lift works...

Silhouette Soft is an innovative, resorbable suspension suture with unique cone technology. You can use it to treat skin laxity on the midface, lower face, neck and eyebrows.

It works across multiple areas.

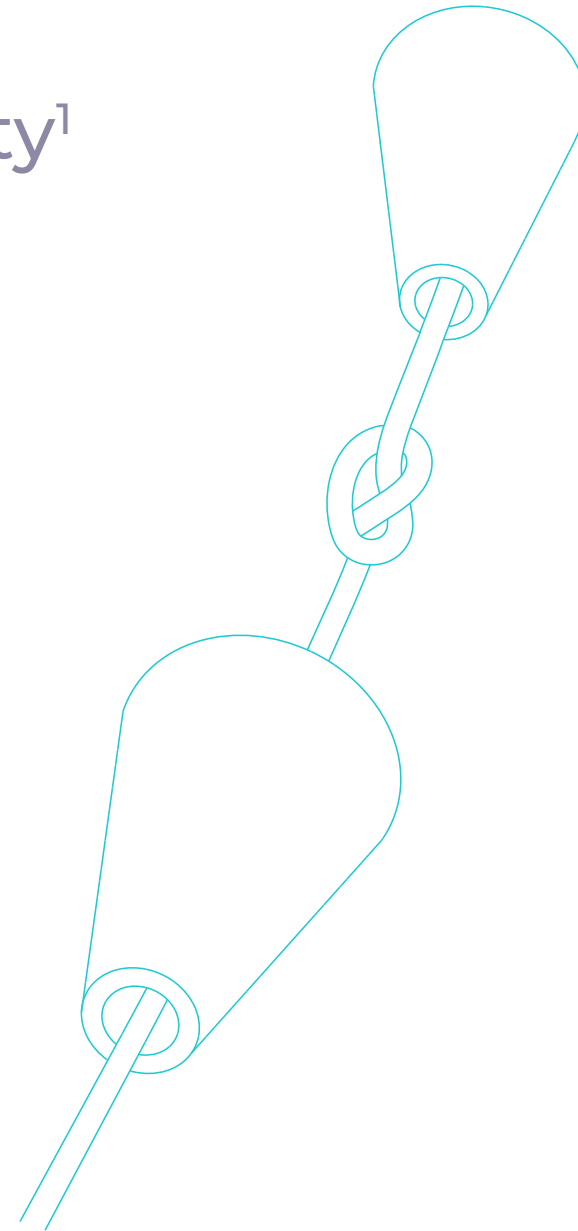


# Designed for efficacy and usability<sup>1</sup>

Silhouette Soft contains two identical series of PLGA cones configured in a bidirectional arrangement:

- One series of cones, the 'repositioning' series, is used to engage the tissue that requires suspension and repositioning.
- The other series of cones, the 'anchoring' series, is used to fix the suture in a region of less mobile tissue, such as that around the temple.

The hollow cones provide a large surface area for the device to interface with tissue - this ensures Silhouette Soft has excellent tissue holding capacity.



## 1. Bidirectional cones

Two identical series of cones facing in opposite directions enable the lifting and repositioning effect to be maintained by balancing the suspending and anchoring forces - there's no need to stitch in place.

## 2. Central monofilament

Cones are evenly spaced on either side of a cone-free central zone of 2 cm. This symmetrical design supports ease of use and insertion. Additionally, the monofilament is thin enough to not be seen or felt when inserted, but strong enough to withstand the forces exerted on it during preparation, implantation, and maintaining fixation of the tissue until biological fixation by neocollagenesis occurs.

## 3. Freely moving cones don't compromise the strength of the suture

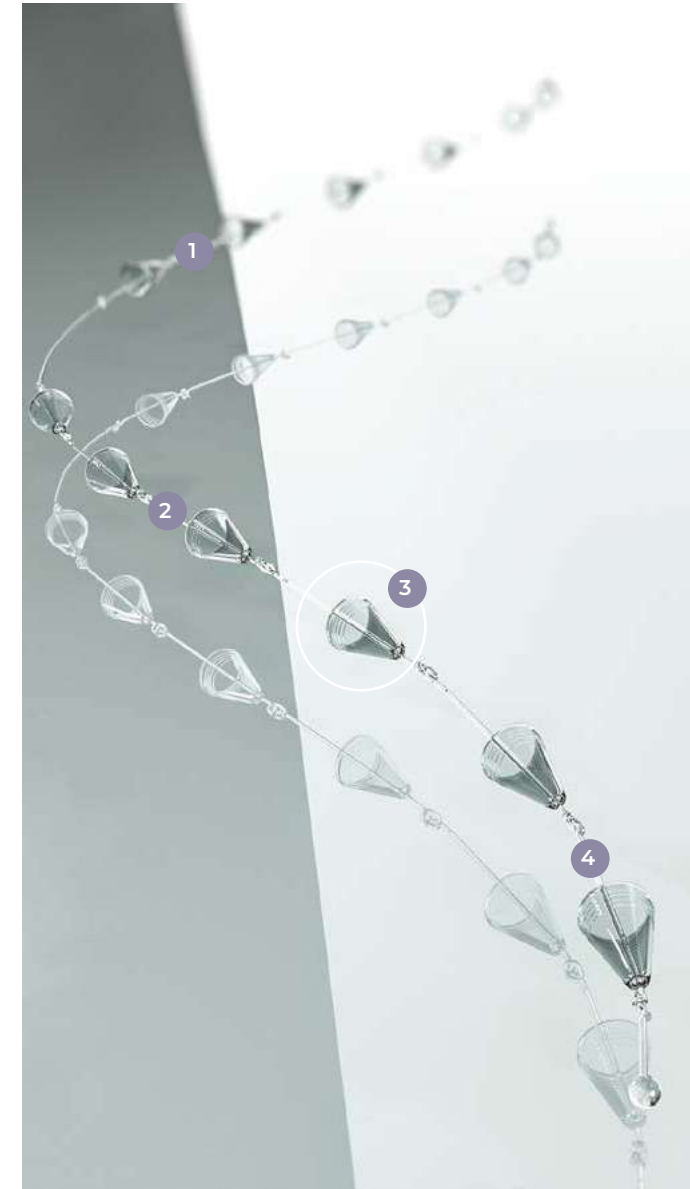
This maintains the integrity of the device both during and following implantation, eliminating the potential for migration and/or extrusion of a detached component.

## 4. Each cone is separated by tied knots and is free-floating between them

This supports the low-friction insertion of the device as during implantation, the knots are contained within the hollow of the cones. It also allows a small range of movement of the cone components, enabling them to dynamically adapt to the new tissue position during implantation and suspension.

## 5. Excellent tissue engaging capacity

As the device is tensioned and positioned in the final location, the large open end of the cone component becomes exposed and tissue enters the hollow inner space. Manual massage of the surrounding tissue to achieve the desired lifting and repositioning effect completes this process and the tissue becomes trapped, anchoring the device within the subcutaneous tissue and stabilising it in the desired final position.

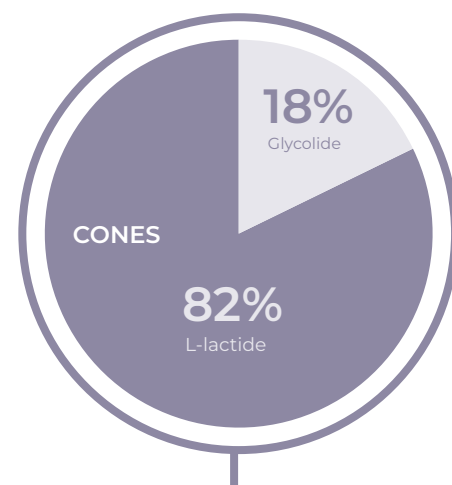


# Composition, compatibility and metabolism

Silhouette Soft is biocompatible, biodegradable and bioresorbable – and has a proven safety profile<sup>1</sup> (see page 64).

## Constituent materials

The Silhouette Soft suture is composed of a monofilament made of PLLA (poly-L-lactic acid) and cones made of PLGA 82:18 (Poly (L-lactic-co-glycolic) acid). These are chemically very similar; PLLA is a homopolymer of L-lactide, PLGA is a copolymer of L-lactide and glycolide in an 82/18 molar ratio.



**MONOFILAMENT = 100% L-lactide**

### Monomer constituents of PLLA and PLGA

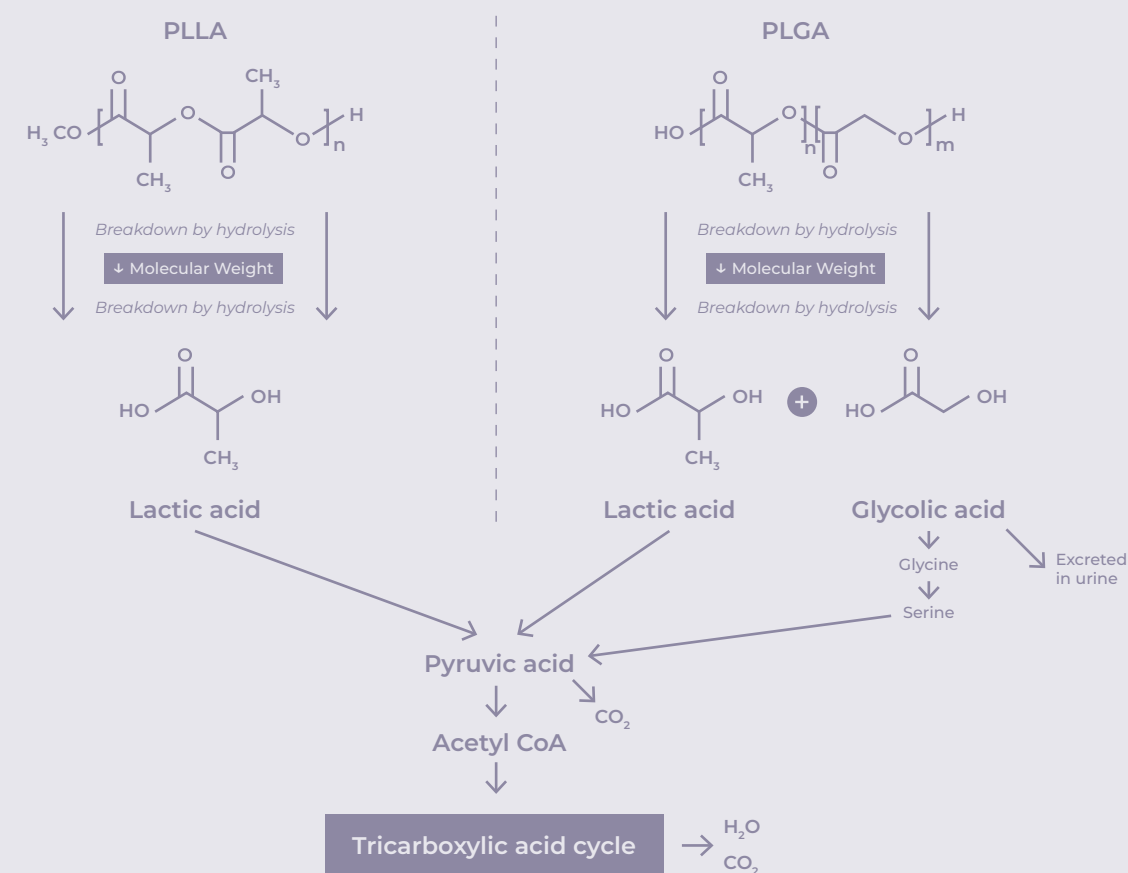


Dual-action  
results that  
last for up to  
24 months<sup>1</sup>

One of the features patients respond to best about Silhouette Soft is the unique dual-action effect. From the very first day of treatment they see a beautiful difference as sagging skin is immediately corrected through the suspending action of the Silhouette Soft device. Then, over time, the threads stimulate the body's own collagen production for a gradual neocollagenesis effect that's been demonstrated to last up to 24 months.<sup>1</sup>

## Metabolism of PLLA and PLGA

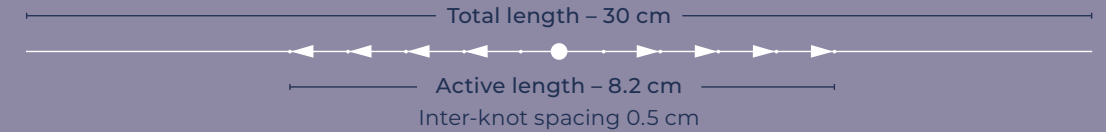
Over time, the body breaks down both PLLA and PLGA via normal metabolic pathways. Biodegradation and resorption of both of these materials is well tolerated by tissue and there is a long history of their safe and efficacious use in implantable medical device applications.



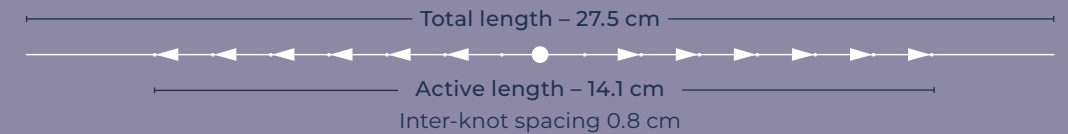


Silhouette Soft  
is available in four  
different variants  
so you have the freedom  
and flexibility to work  
in different areas  
and address different  
laxity concerns.

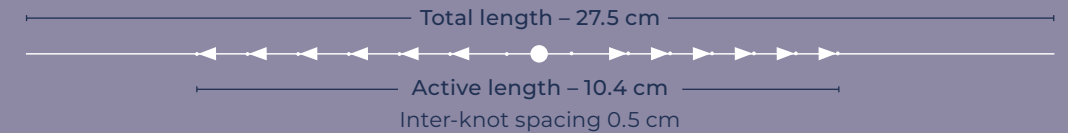
## 8 CONE



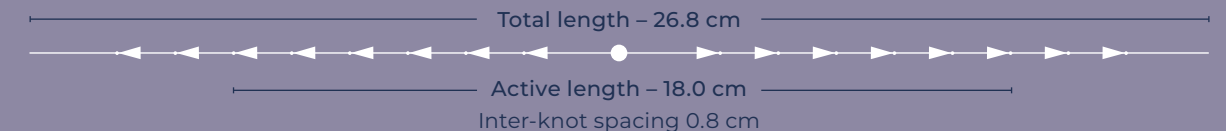
## 12 CONE



## NEW 12-CONE SHORT



## 16 CONE



# How it works...

## Biomechanical features explained

Patients love the lifted look Silhouette Soft achieves. You can use it to correct skin laxity mechanically – with beautiful results – thanks to the strong, reliable anchoring effect of bidirectional cone technology.

### Immediate tissue repositioning in action

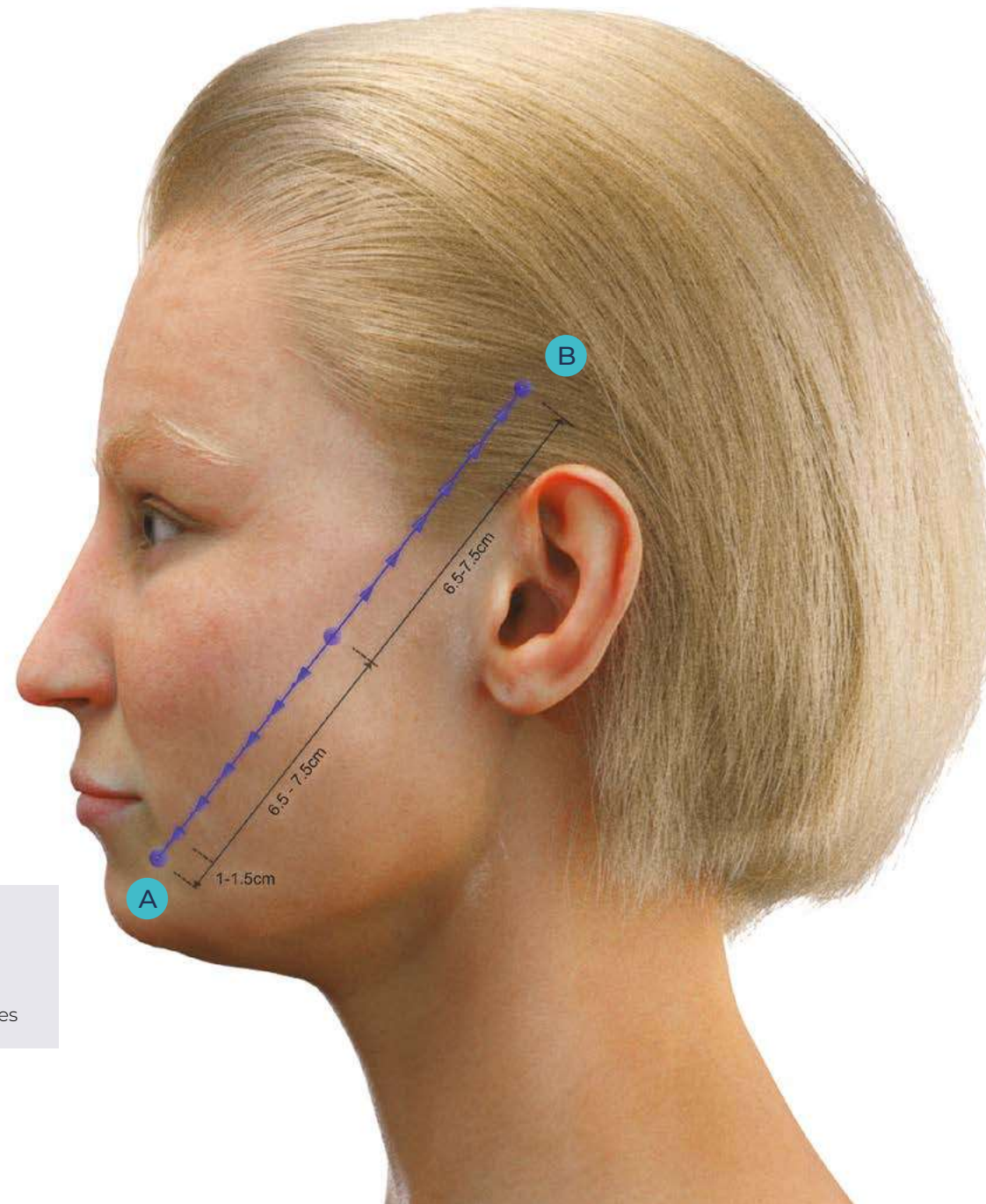
Silhouette Soft's innovative bidirectional cone technology helps you instantly reposition subcutaneous fat, providing strong fixation to the fixed tissue (Figure 1).

It works so well because hollow cones have a large 3D surface – it promises strong tissue engagement and efficient soft tissue suspension compared to other suspension threads. The cone's surface area is closely linked to its tissue-holding capacity.

#### Figure 1: Bidirectional cone behaviour

Both parts of the suture engage the tissue:

- A Elevates the tissue > repositions the soft tissue
- B Maintains results > anchors the suture into more fixed tissues



### For best results

#### Always use the appropriate number of sutures

There's guidance on this on page 34 in the How To Use Silhouette Soft section. The right number of sutures means you can expect:

- An increase in the suspension capacity.
- A lower risk of slippage as the restoring force exerted by the repositioned tissue will be distributed more evenly among the sutures.

#### Use straight-line patterns to achieve the maximum suspension traction force

Vectors need to be in a straight line and as perpendicular as possible to the fat pad intended for treatment.

#### Make sure that marking is undertaken carefully

Marking, based on the position of the last cone, is a vital step as you work toward perfect placement of each suture in the mid and lower face.

#### Use Silhouette Soft rulers for better precision during treatment

To help you plan and position correctly, we have produced a set of rulers. There's full guidance on usage in the How To Use Silhouette Soft section (see page 32).

### The scientific evidence<sup>8</sup>

The following is based on an objective comparison of holding, slippage, and pull-out tensions for eight suspension sutures in the malar fat pads of human cadaver.

**The objective:** To determine the anchoring capacity and pull-out profile of eight suspension sutures by measuring their holding, slippage and pull-out tension.

**The method:** Each thread was positioned and set within the soft tissue of the cheek adjacent to the nasolabial fold and attached to a tensiometer.

**The results:** The cone technology demonstrates superior anchoring capacity and higher resistance to slippage compared to barbs and cogs, ensuring greater efficiency in terms of anchorage and suspension capacity.

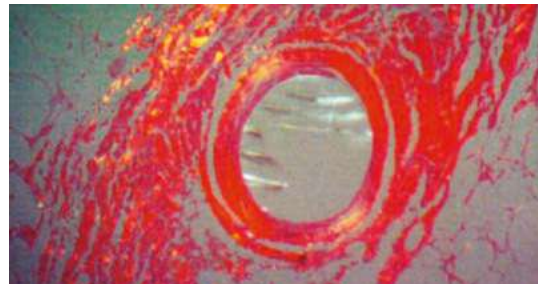
**The 3D cone technology** has demonstrated a higher pull-out tension and higher resistance to slippage compared to cogs and barbs.



## How it works...

# The regenerative effect explained

As well as providing physical tissue lifting and repositioning, Silhouette Soft triggers a collagen response for sustained, gradual improvement that can last up to 24 months.<sup>1</sup>



**Figure 2:** Biopsy taken after 12 months. Polarised light microscopy with picrosirius staining: type-1 collagen is still predominantly evidenced at this time.<sup>1</sup>

### Here's how it works...

#### How Silhouette Soft stimulates collagen<sup>9</sup>

##### Sustained collagen production

Silhouette Soft triggers neocollagenesis as a result of its unique features and interaction with tissues.

##### Long-lasting polymers

Slow bioresorption of PLLA and PLGA polymers means that the device remains in place to provide the mechanical lifting and repositioning effect until biological fixation takes over.

##### Efficient biological anchoring

A collagen capsule forms around the suture and cone components that reinforces the anchoring of the device within the subcutaneous tissue and provides a biological structural support that maintains the lifting and repositioning effect after bioresorption.

### The scientific evidence<sup>9</sup>

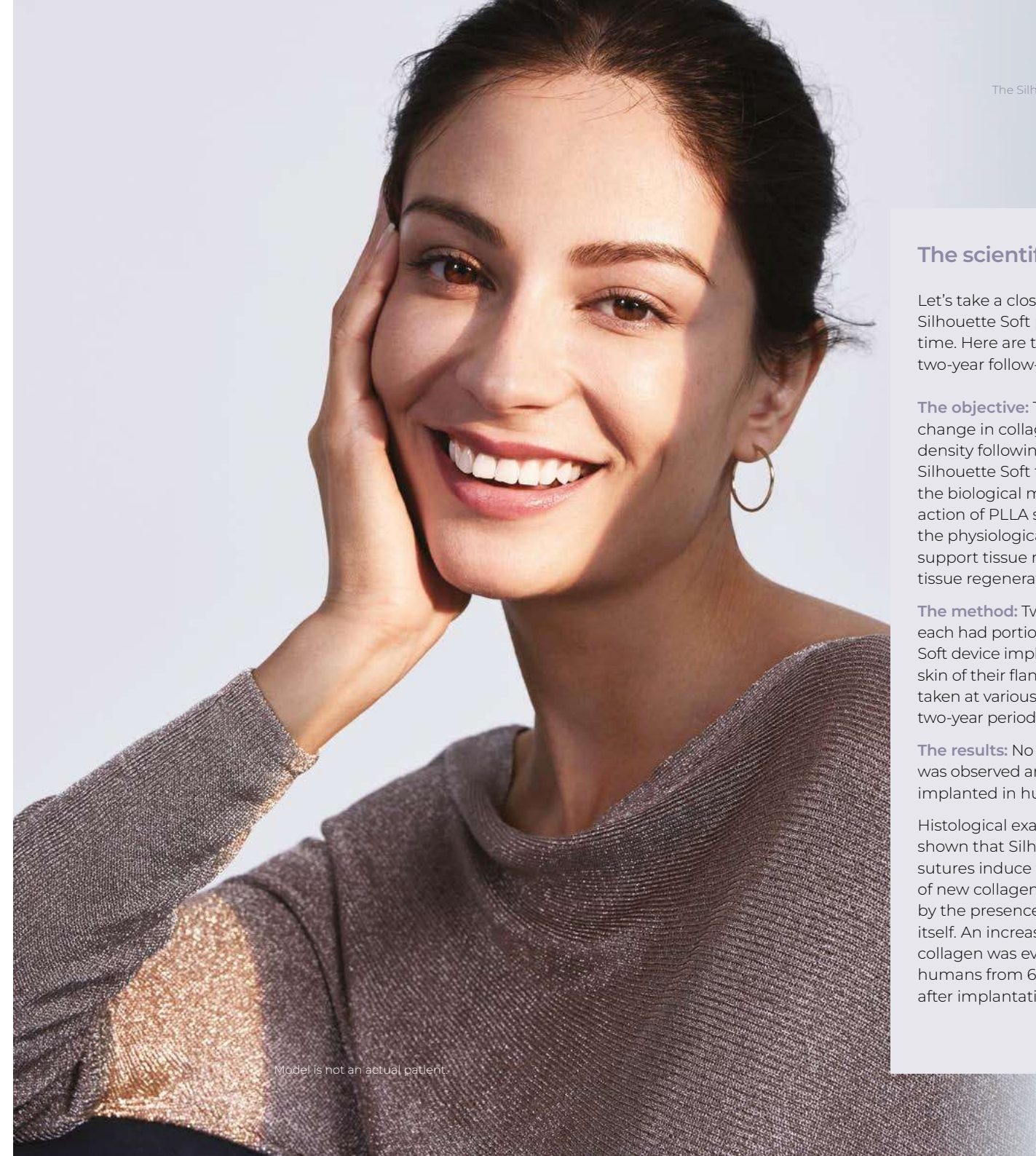
Let's take a closer look at how Silhouette Soft performs over time. Here are the results of a two-year follow-up study.

**The objective:** To determine the change in collagen type and density following treatment with Silhouette Soft to demonstrate the biological mechanism of action of PLLA sutures, showing the physiological processes that support tissue repositioning and tissue regeneration.

**The method:** Two volunteers each had portions of a Silhouette Soft device implanted under the skin of their flank. Biopsies were taken at various stages over a two-year period.

**The results:** No adverse reaction was observed around the sutures implanted in human tissue.

Histological examination has shown that Silhouette Soft sutures induce the production of new collagen, stimulated by the presence of the suture itself. An increase in type-1 collagen was evidenced in humans from 6 to 24 months after implantation.



Model is not an actual patient.



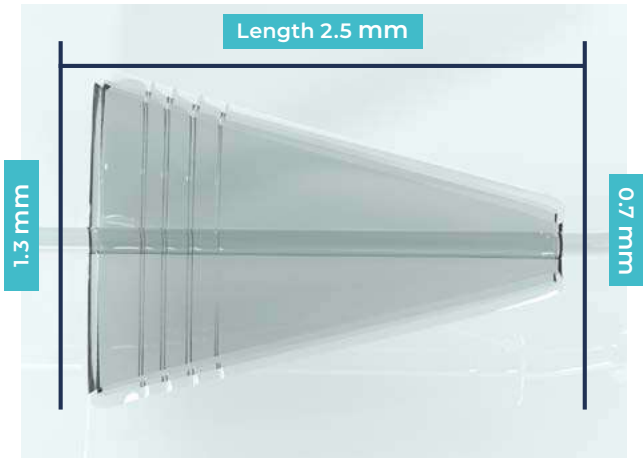
# Introducing the new 12-cone short suture

Model is not an actual patient.

# More cones per cm, more control, **more optimised results**

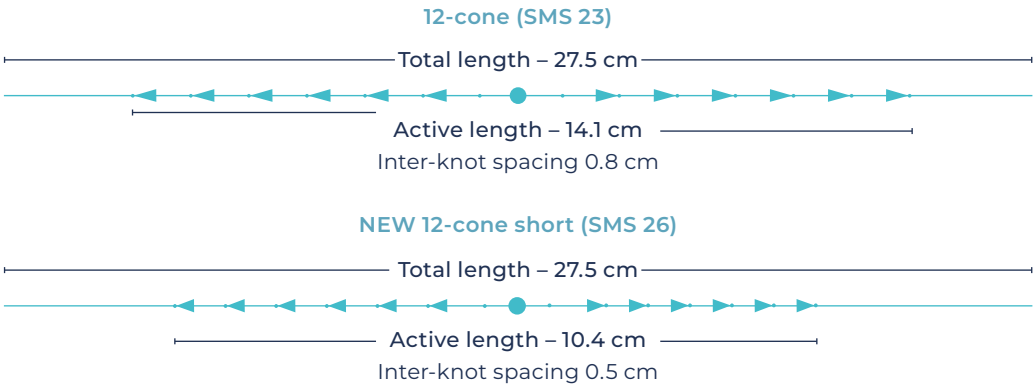
## Our latest innovation: the 12-cone short suture.

This world-first has been developed following clinician feedback. You asked for the lift of the 12-cone suture on a shorter thread, so we've answered your need with this adaptable addition to the Silhouette Soft range.



## What's different about the 12-cone short suture?

- The new 12-cone short suture offers a reduced inter-knot spacing of 0.5 cm.
- The other dimensions are the same as the current 12-cone device – so the effect is a condensing of the 'active' portion.
- This powerful tissue engaging capacity on a shorter thread makes it particularly useful in the midface, lower face, eyebrows and neck.
- The new 12-cone short is 25% shorter than the existing 12- cone device (SMS 23) and only 30% longer than the 8- cone device (SMS 22) but with 50% more cones.



### Dimensions and proportions

The 12-cone short has the highest cone density distribution in the Silhouette Soft product range.

More cones on a shorter suture is ideal for the most challenging corrections.

### Why does cone density matter?

Increased cone density gives you more precision and enhanced fit.

More cones per cm is better because they reduce the suspending force concentrated on each cone and increase the delocalisation of the suspending force across the device.<sup>10</sup> This means you can avoid the appearance of palpable localised tissue compression.

### How to choose the best device for your patient

Don't forget that the active length of the device is the important factor. The option with the most appropriate length with respect to the intended treatment area should always be chosen.

Find full guidance in the planning, patterns and protocols section that follows (see pages 34-60).





Models are not actual patients.

Help transform  
your patients'  
appearance and  
confidence



# How to use Silhouette Soft

## New Skin Laxity Scale, Planning and Insertion Patterns.

Over the following pages you'll find detailed technical guidance on how to use Silhouette Soft to help transform your patients' appearance and confidence. If you have any questions, please don't hesitate to contact us.

We also encourage clinicians to make the most of learning resources available through Sinclair College – there are masterclasses, video tutorials and more to guide your best practice.



Scan to access  
Sinclair College



Model is not an actual patient.

## The tools and support you need

The treatment process is streamlined and efficient when you make the most of Silhouette Soft resources. We recommend the following process:

**Step 1:** Evaluate your patients' skin using the Silhouette Soft Laxity Scale.

[See pages 36-39.](#)

**Step 2:** Assess their skin condition to determine Mild, Moderate or Severe laxity.

**Step 3:** Identify the recommended insertion patterns.

[See pages 40-61.](#)

**Step 4:** Retrieve the relevant Silhouette Soft Ruler(s) for the procedure.

[See pages 40-61.](#)

**Step 5:** Follow the planning guidelines.

[See pages 40-61.](#)

# Introducing the new Skin Laxity Scale

We have created the Silhouette Soft Skin Laxity Scale to support you in your patient selection. It is designed as a diagnostic discussion aid to support you in quickly creating an effective, unique plan for each patient.

## How it works

We provide a graphic representation of facial ageing patterns for both genders, complete with recommended protocols. The scale establishes – and helps you evaluate – the main anatomical and physiological factors involved in the face ageing process, so you can better select and communicate with patients.

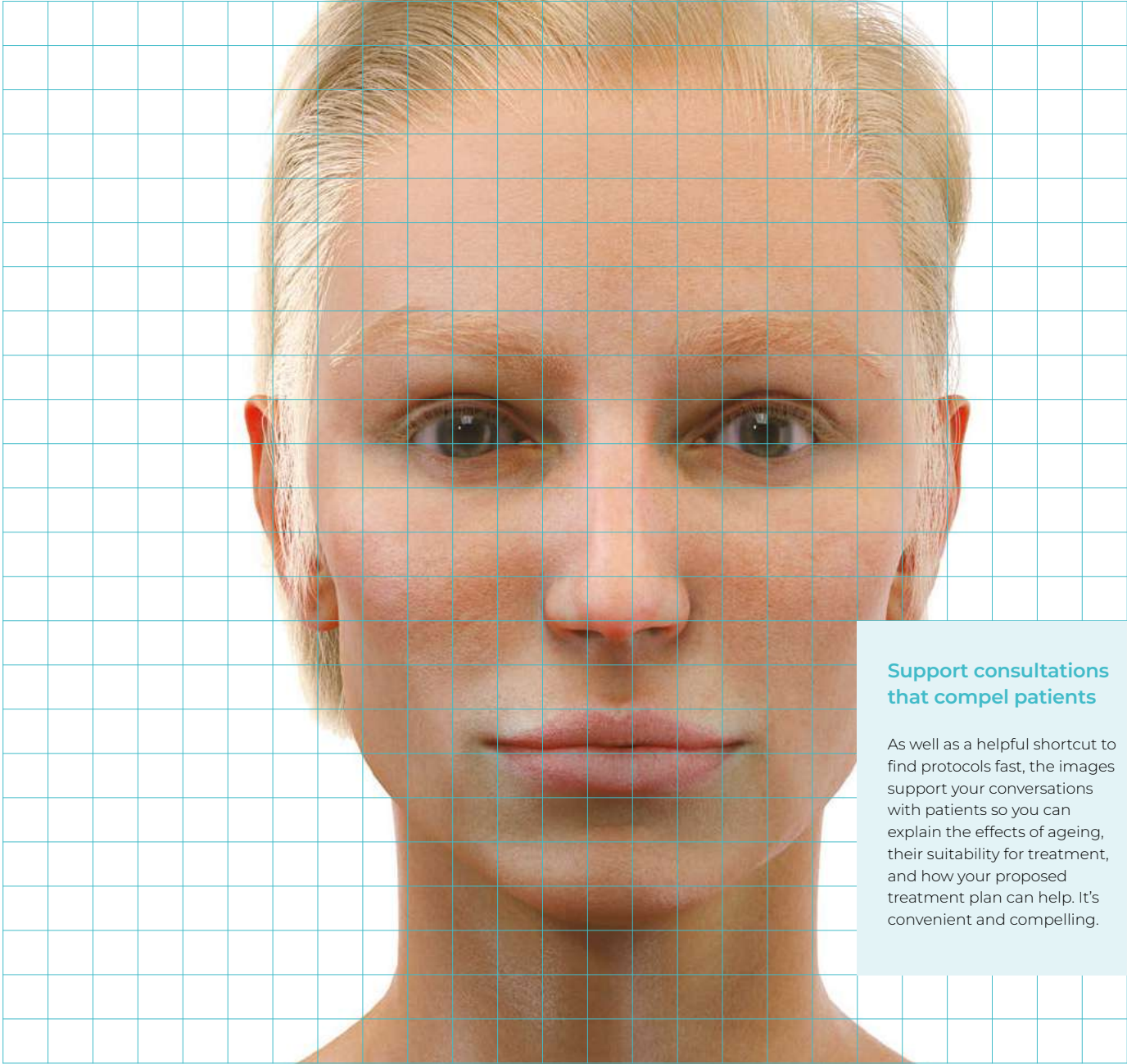
**Use it to analyse the severity of skin laxity and effectively discuss:**

- 1. Volume loss, consequent to deep fat and bone atrophy.
- 2. Volume displacement (volumetric and position changes in the superficial fat pad).
- 3. Skin atrophy, laxity and changes in the skin appendages.

**The scale groups the ageing process into four different levels:**

- 1. Entry level or baseline
- 2. Mild
- 3. Moderate
- 4. Advanced or severe

Once you have established where your patient sits on the scale, you'll find recommendations for treatment protocols, plus prompts to ensure suitability.



















**Support consultations that compel patients**

As well as a helpful shortcut to find protocols fast, the images support your conversations with patients so you can explain the effects of ageing, their suitability for treatment, and how your proposed treatment plan can help. It's convenient and compelling.



















# THE FEMALE LAXITY SCALE

	Front	45 Degrees	Side	Jawline
Entry level or baseline				
Mild				
Moderate				
Advanced or severe				

Developed in collaboration with Dr. Francisco de Melo and Dr. Aleksiéi Carrijo.

# THE MALE LAXITY SCALE

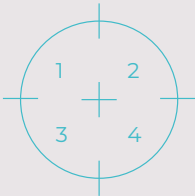
	Front	45 Degrees	Side	Jawline
Entry level or baseline				
Mild				
Moderate				
Advanced or severe				



# Revised Planning and Insertion Patterns

As part of our commitment to supporting our physician-partners, we have introduced a more comprehensive suite of planning and protocol tools designed to provide more clarity and detail.

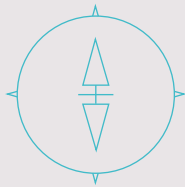
Over the following pages, you'll find:



Clear, detailed, precise protocols for every stage – Mild, Moderate and Severe laxity.



An extensive range of visuals to support planning and consultations.



Guidance on best practice for all sutures – including the powerful new 12-cone short.

At the discretion of the physician, 12CS devices may be used in place of 12C devices where this is deemed appropriate based on the patient's facial size.

Revised Planning and Insertion Patterns developed in collaboration by Dr. Francisco de Melo and Dr. Alieksiéi Carrijo (see pages 40-61)

## Step 1: Identify the superficial fat pads to be repositioned.

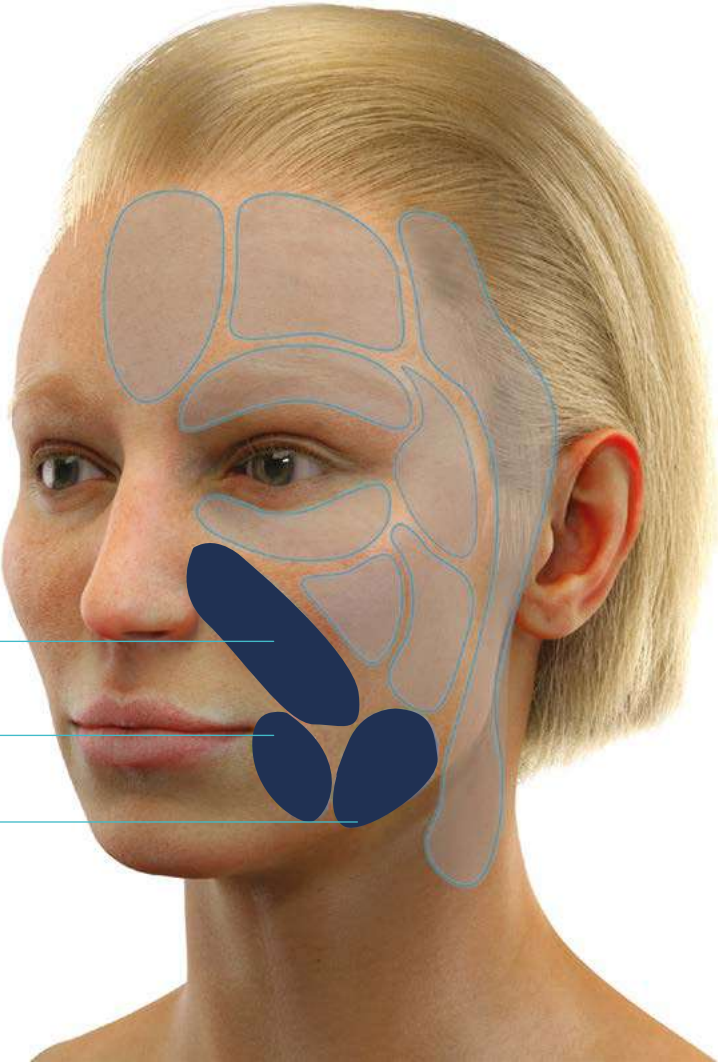
Mid Third

Lower Third

Nasolabial Fat pad

Superior Jowl Fat pad

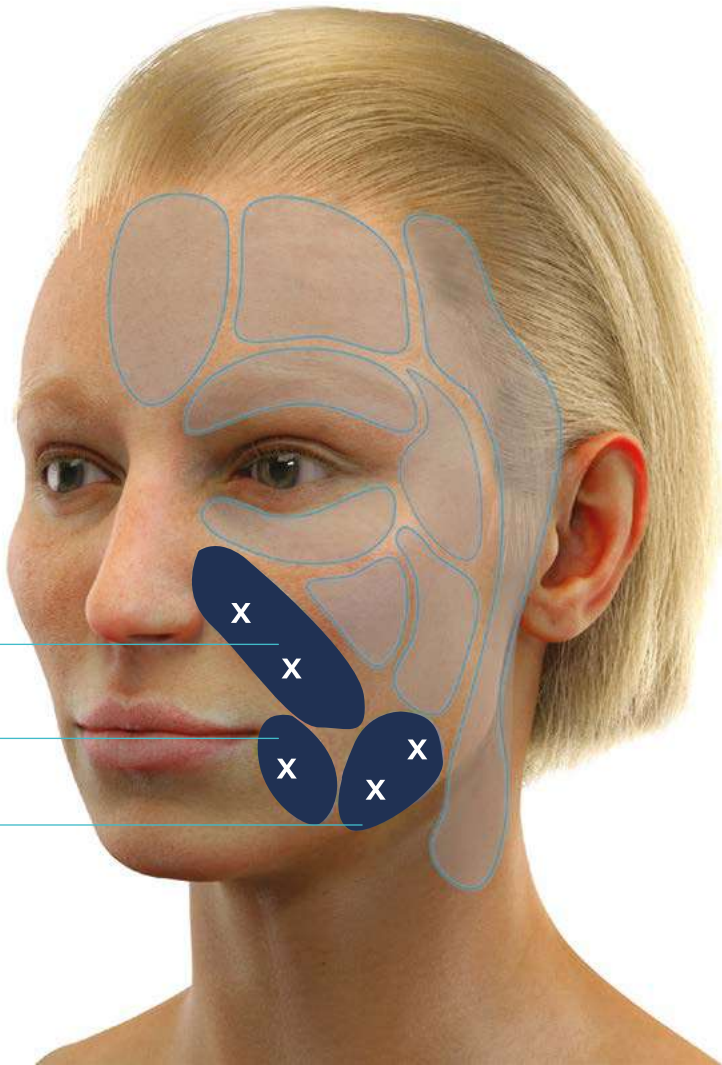
Inferior Jowl Fat pad



Step 2:  
Define the  
position of the  
most distal cone  
– the Last Cone

Mark an 'X' on the target fat pad where you wish the Last Cone to be placed. Identifying the correct location is critical as this is the most distal point where the device engages with the tissue to be repositioned: 'X' marks the lifting point.

- Mid Third
- Nasolabial fat pad
- Lower Third
- Superior Jowl fat pad
- Inferior Jowl fat pad



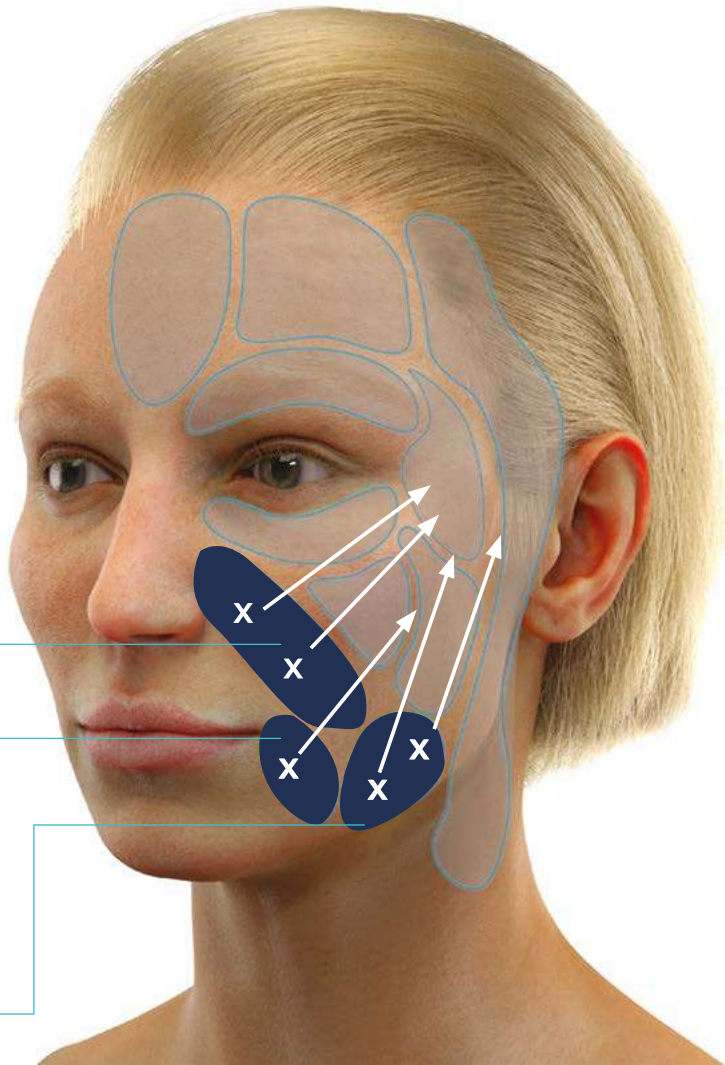
Step 3:  
Determine the most  
efficient vectors

Plan straight lines as these provide more efficient tissue repositioning than angled or curved patterns. The chosen vector should take into consideration where the volume of the fat pad being treated is to be repositioned.

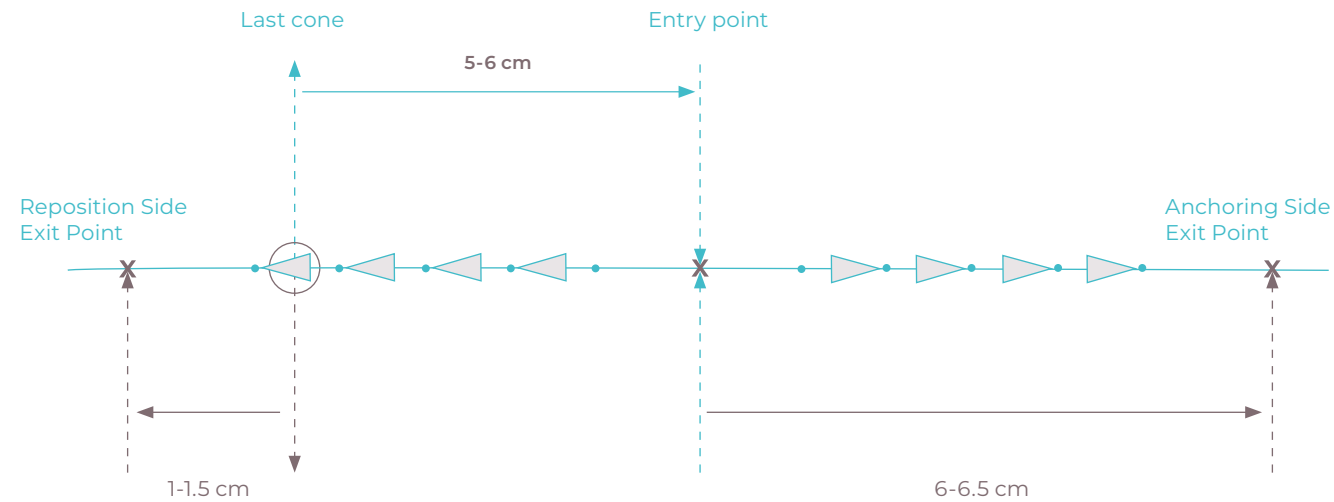
For example, the Inferior Jowl fat pad is usually better repositioned using a more vertical vector, whereas the Superior Jowl fat pad and the Nasolabial fat pad are usually better served by a more oblique angle.

These are not predetermined rules however, and the vectors should be optimised to meet the needs of the specific area/s being treated, the degree of compliance/malleability of the patient's soft tissue, and the desired holistic effect of the full treatment.

- Mid Third
- Nasolabial fat pad
- Lower Third
- Superior Jowl fat pad
- Inferior Jowl fat pad

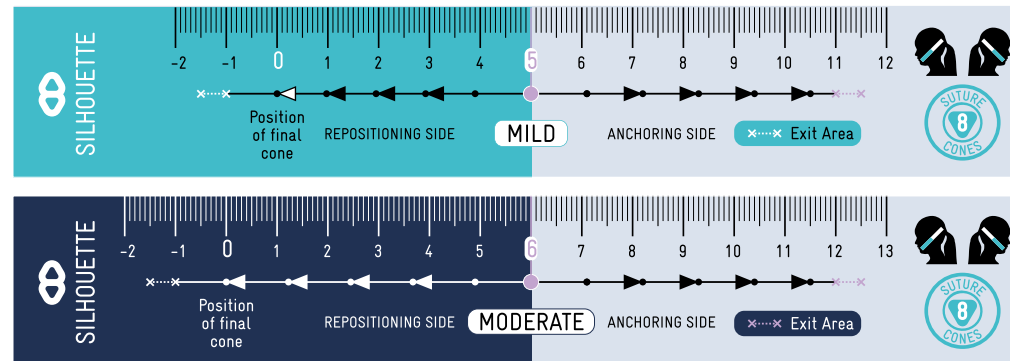


## Planning: 8 cone suture (8C)



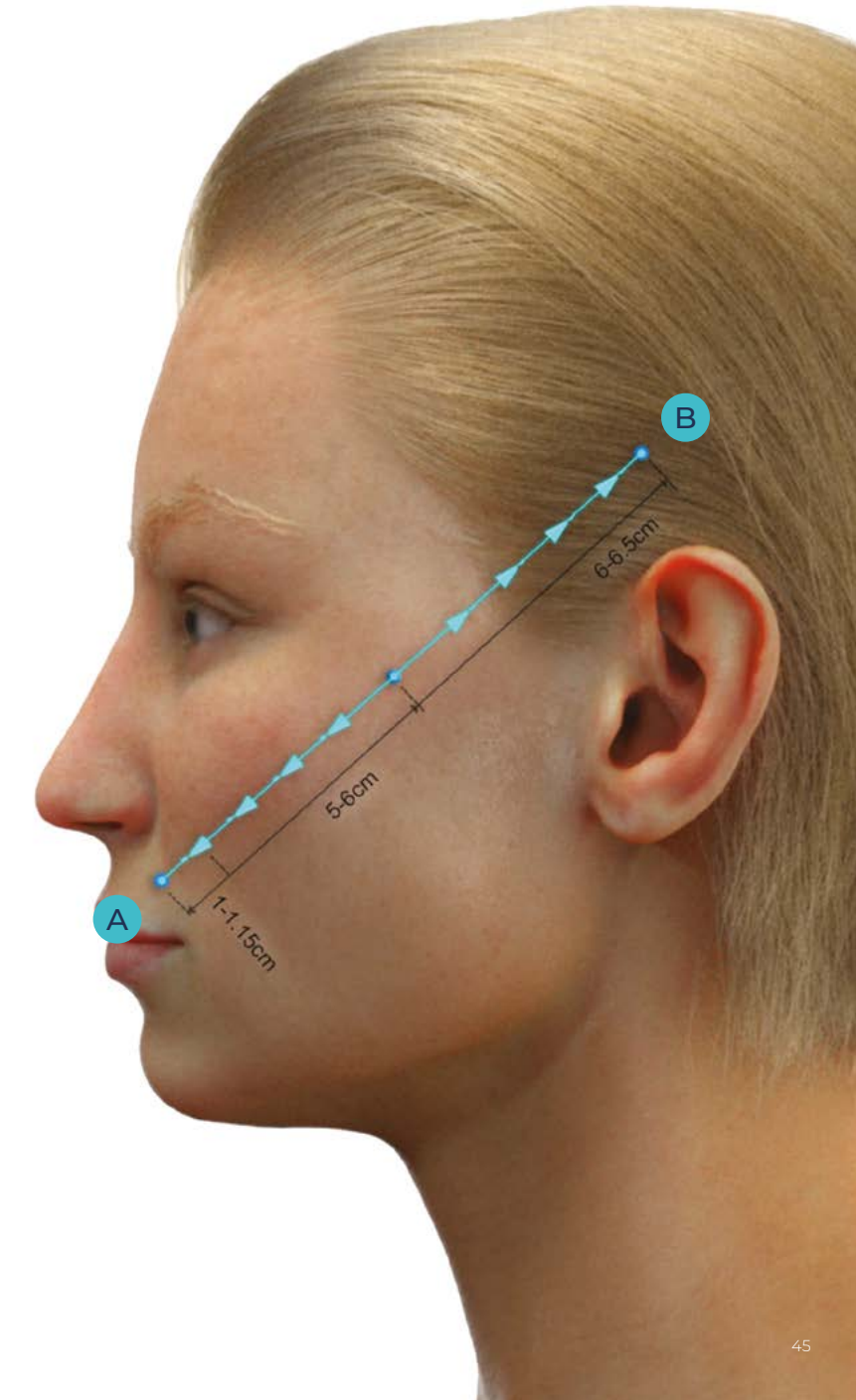
### Silhouette Soft Ruler

For more information on how to use the ruler, visit the Sinclair College website – use QR code on page 34.



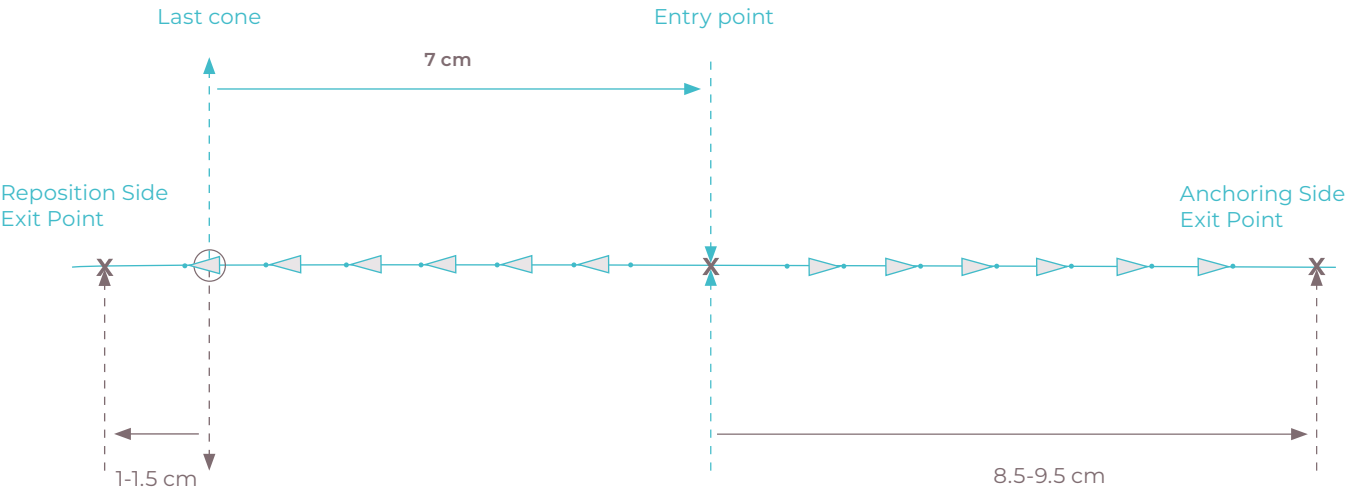
### The process:

1. Define the position of the most distal cone – the “Last Cone” – over the fat compartment to be repositioned.
2. Define the most efficient vector.
3. Mark the entry point – 5-6 cm proximal to the last cone, depending on the skin laxity.
4. Reposition side (A) – mark the exit point – 1-1.5 cm distal to the last cone. Closer to the lip keep it between 0.5 cm and 1 cm.
5. Anchoring side (B) – mark the proximal exit point – 6-6.5 cm proximal to the entry point.



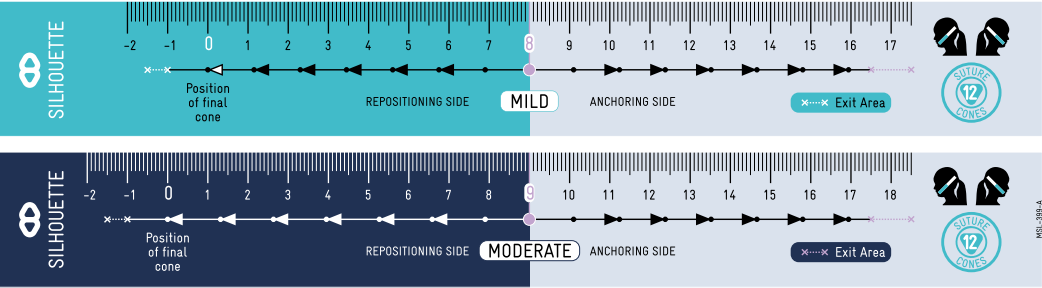


# Planning: 12 cone suture (12C)



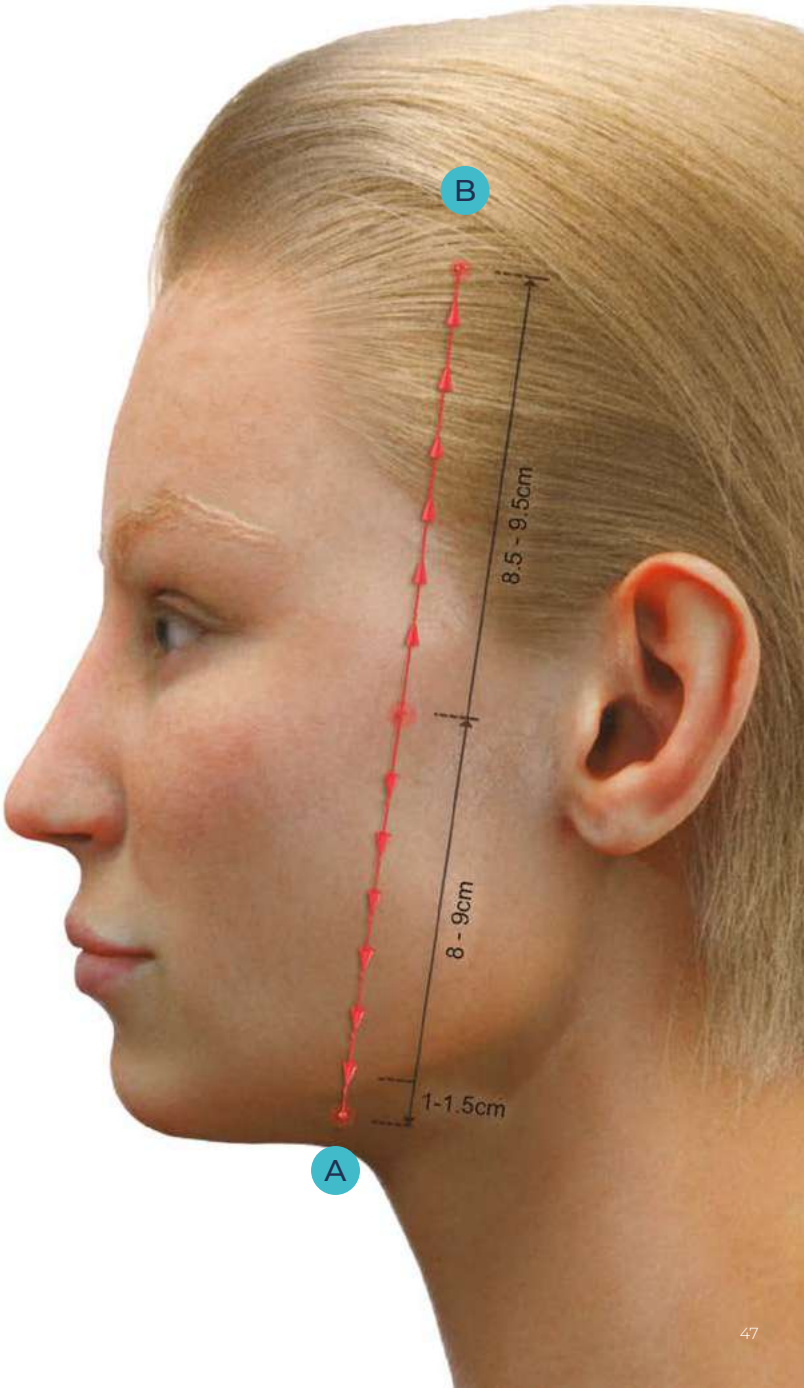
## Silhouette Soft Ruler

For more information on how to use the ruler, visit the Sinclair College website – use QR code on page 34.

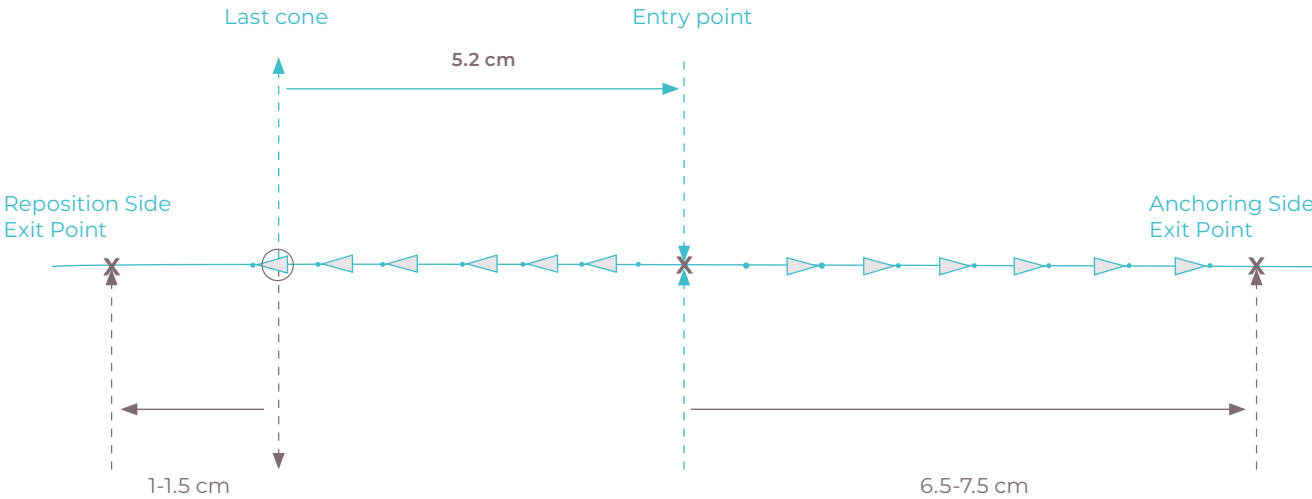


## The process:

1. Define the position of the most distal cone – the “Last Cone” – over the fat compartment to be repositioned.
2. Define the most efficient vector.
3. Mark the entry point – 8-9 cm proximal to the last cone, depending on the skin laxity.
4. Reposition side (A) – mark the exit point – 1-1.5 cm distal to the last cone.
5. Anchoring side (B) – mark the proximal exit point – 8.5-9.5 cm proximal to the entry point.

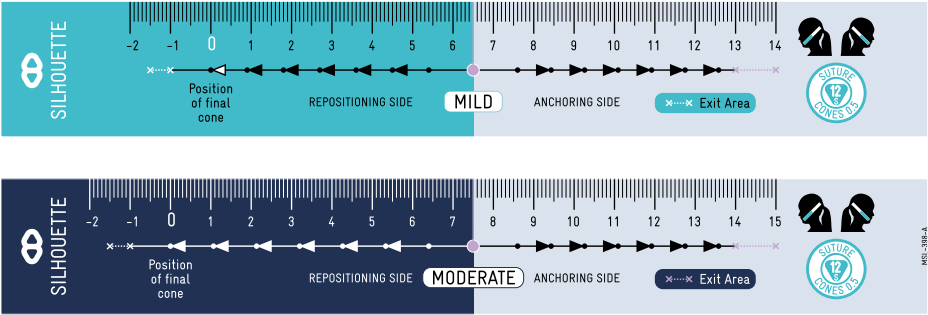


# Planning: 12-cone short suture (12CS)



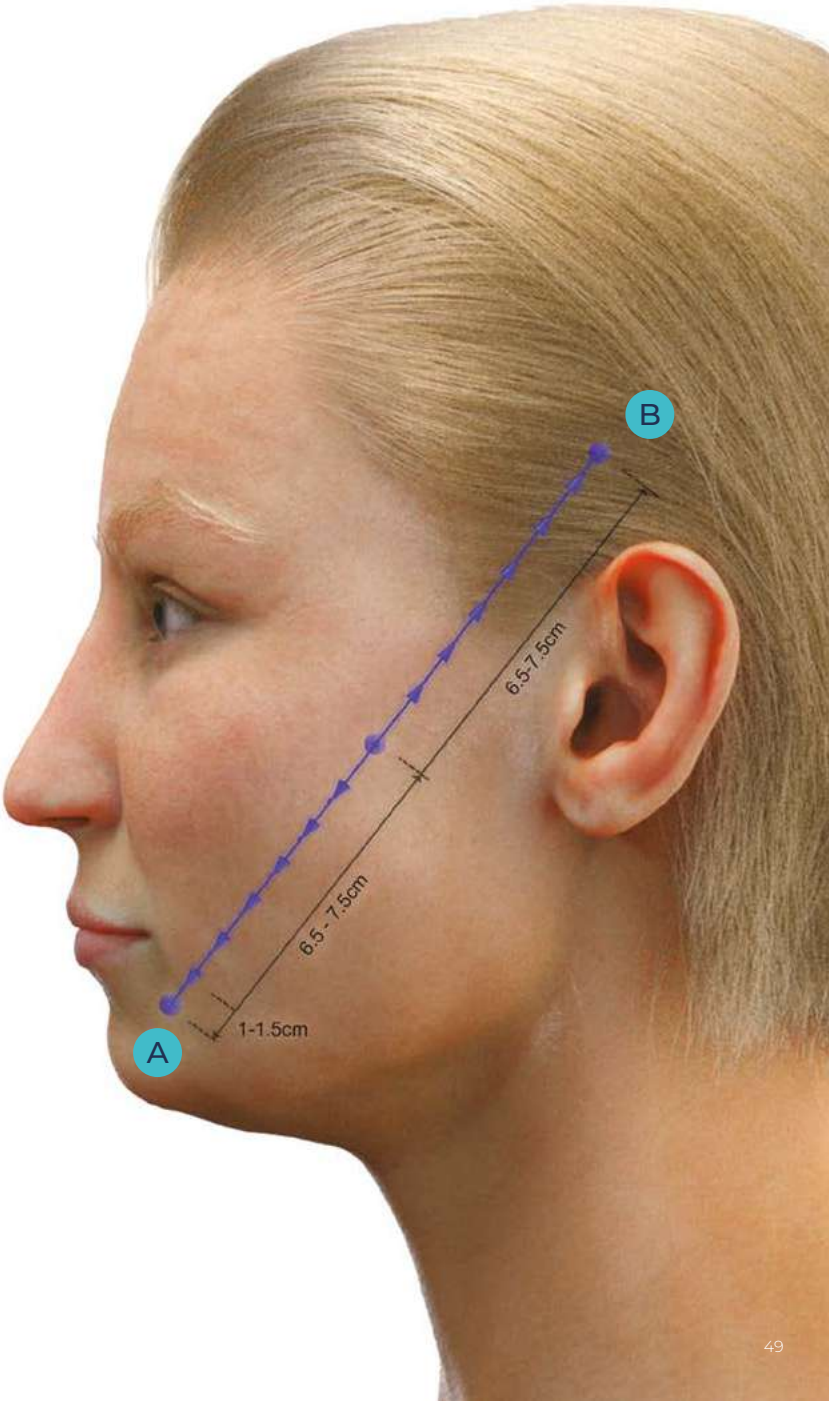
## Silhouette Soft Ruler

For more information on how to use the ruler, visit the Sinclair College website – use QR code on page 34.



## The process:

1. Define the position of the most distal cone – the “Last Cone” – over the fat compartment to be repositioned.
2. Define the most efficient vector.
3. Mark the entry point – 6.5-7.5 cm proximal to the last cone, depending on the skin laxity.
4. Reposition side (A) – mark the exit point – 1-1.5 cm distal to the last cone.
5. Anchoring side (B) – mark the proximal exit point – 6.5-7.5 cm proximal to the entry point.



# Planning: Midface

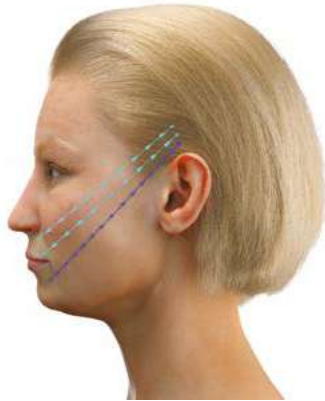
## The process:

- 1. Assess the severity of the tissue displacement.
- 2. Define the position of the last cone and most efficient vectors.
- 3. Determine the number of sutures using a straight line pattern: more severe means more sutures!
- 4. For men, use a moderate or severe protocol as they usually need more sutures. Go one size up!



## Mild

**Volume reposition**  
Total: 6 sutures  
4 x 8C + 2 x 12CS  
(3 sutures per side – 2 x 8C, 1 x 12CS)



## Moderate

**Volume reposition**  
Total: 8 sutures  
6 x 8C + 2 x 12CS  
(4 sutures per side – 3 x 8C, 1 x 12CS)



## Severe

Combination treatment<sup>5</sup>

Volume replacement	Volume reposition
Ellansé/Perfectha/MaiLi	Total: 8 sutures
	6 x 8C + 2 x 12CS
	(4 sutures per side – 3 x 8C, 1 x 12CS)





# Planning: Lower face

## The process:

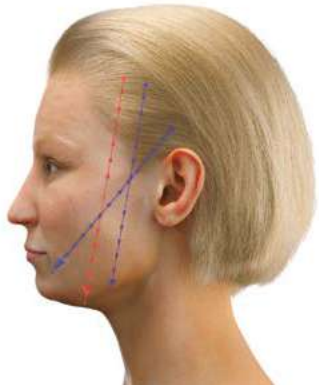
- 1. Assess the severity of the tissue displacement.
- 2. Define the position of the last cone and most efficient vectors.
- 3. Determine the number of sutures using a straight line pattern: more severe means more sutures!
- 4. For men, use a moderate or severe protocol as they usually need more sutures. Go one size up!



## Mild

### Volume reposition

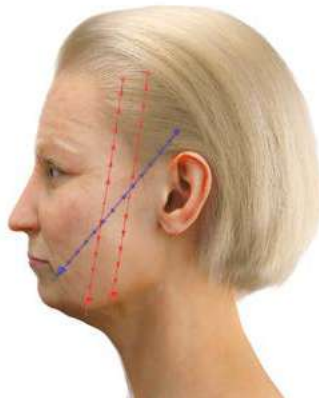
Total: 6 sutures  
4 x 12CS + 2 x 12C  
(3 sutures per side – 2 x 12CS, 1 x 12C)



## Moderate

### Volume reposition

Total: 6 sutures  
4 x 12C + 2 x 12CS  
(3 sutures per side – 2 x 12C, 1 x 12CS)



## Severe

### Combination treatment<sup>5</sup>

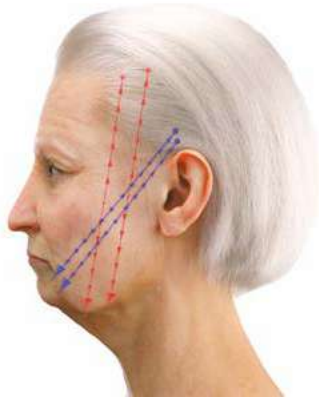
#### Volume replacement

Ellansé/Perfectha/  
MaiLi

(4 sutures per side – 2 x 12C, 2 x 12CS)

#### Volume reposition

Total: 8 sutures  
4 x 12C + 4 x 12CS



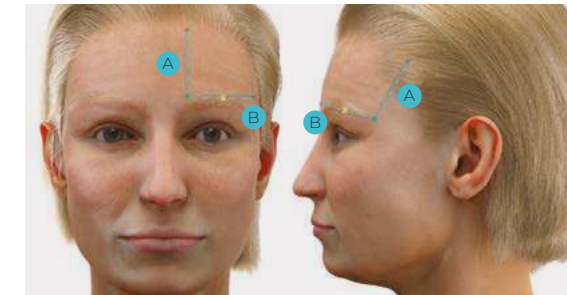
When it comes to treating the visible signs of ageing, there are many options. Silhouette Soft **instantly corrects** skin laxity, with results that last up to 24 months.<sup>10</sup>

Model is not an actual patient.

# Planning: Eyebrow Lift

## Important points to achieve a better brow lift:

1. Do not plan according to the position of the “Last Cone” but to the “First Cone” on the brow side as the treatment is not intended to reposition volume (superficial fat pad), but to **“elevate” or stretch** the skin.
2. Use neurotoxin type A to reduce the strength of the antagonists muscles – eyebrows depressors (Procerus, Corrugators, Depressor Supracili and Orbicularis Oculi).
3. Plan the Silhouette Soft lift 10 days after the neurotoxin treatment, if possible, as it will ensure a better initial stabilisation of the suture.
4. The success of the brow lift depends on the anchoring grip and strength.
5. The horizontal arm of the suture (under the brow) has a biostimulatory effect, essentially, working as a scaffold for a more durable brow support structure.
6. Do not overpromise as the results are usually short-term compared to the mid and lower face.



Medial Brow Lift

Lateral Brow Lift

## Suture (8C)

### 1. Define the entry point:

Lateral Brow Lift – over the brow lateral 3rd.  
Medial Brow Lift – over the brow medial 3rd.

### 2. Define the most efficient vector:

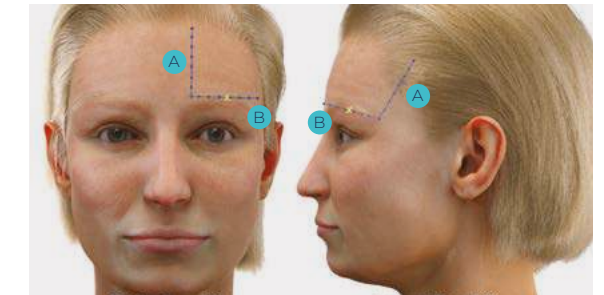
Should be done with the patient facing a mirror and jointly decide the type of pretended elevation.

### 3. Mark the eyebrow exit point (B) 4-5 cm medial or lateral to the entry point.

### 4. Anchoring side (A) – mark the scalp exit point – >6.5 cm from the entry point.

### 5. Don't tie the horizontal (brow) part of the suture (to avoid medial or lateral displacement of the brow).

### 6. Tie the vertical (scalp) part of the suture, with a slight overcorrection.



Medial Brow Lift

Lateral Brow Lift

## Suture (12CS)

### 1. Define the entry point:

Lateral Brow Lift – over the brow lateral 3rd.  
Medial Brow Lift – over the brow medial 3rd.

### 2. Define the most efficient vector:

Should be done with the patient facing a mirror and jointly decide the type of pretended elevation.

### 3. Mark the eyebrow exit point (B) 4-5 cm medial or lateral to the entry point.

### 4. Anchoring side (A) - mark the scalp exit point – >7.5 cm from the entry point.

### 5. Don't tie the horizontal (brow) part of the suture (to avoid medial or lateral displacement of the brow).

### 6. Tie the vertical (scalp) part of the suture, with a slight overcorrection.



## Planning: Neck

### Important points to achieve a better result:

1. Do not plan according to the “Last Cone” position as the treatment is not intended to reposition volume (superficial fat pad), but to stretch the skin laterally.
2. Use neurotoxin type A to reduce the contraction and strength of the platysma, which can work as an antagonistic muscle.
3. Plan the Silhouette Soft lift 10 days after the neurotoxin treatment, if possible.
4. The success of the neck depends on the anchoring grip and strength, which depends on the number of cones and anchoring points.
5. The mastoid is the anchoring area of excellence for the neck treatment.
6. It is fundamental to also treat the jowl (face lower 3rd) as, if not addressed, it will compromise the jawline definition and the neck result.
7. Plan sufficient number of sutures (2-3 per side) in order to achieve a good result.
8. Silhouette Soft alone is not indicated to treat the platysma bands (turkey neck).
9. Do not overpromise as the results are usually short-term compared to the mid and lower face.



- 1. Define the entry point:**
  - Under the mandible angle.
  - 1 to 1.5 cm apart in a vertical line.
- 2. Mark the neck midline:**

If the entry point to the midline:

  - <7.5 cm - select 8C or 12CS suture.
  - >than 7.5 cm - select 12C or 12CS suture.
- 3. Mark the neck midline exit point 0.5 cm lateral to the midline (does not depend on the number of cones).**
- 4. Mark the neck lateral exit point (close or over the mastoid):**
  - 6.5 to 7.5 cm for a 8C or 12CS.
  - 8-9 cm for a 12C suture.
  - Keep straight pattern.
- 5. Overcorrect the medial side by sliding the skin laterally over the suture, aiming to achieve hypercorrection!**
- 6. Make sure the anchoring side of the suture is fixed and no need to overcorrect it as:**
  - It will cause pain.<sup>12</sup>
  - Increases the possibility of exteriorising a knot or a cone.

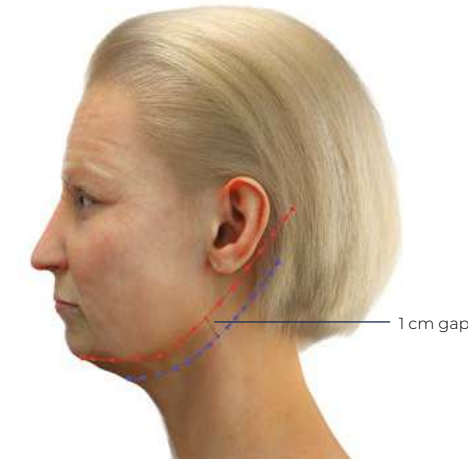
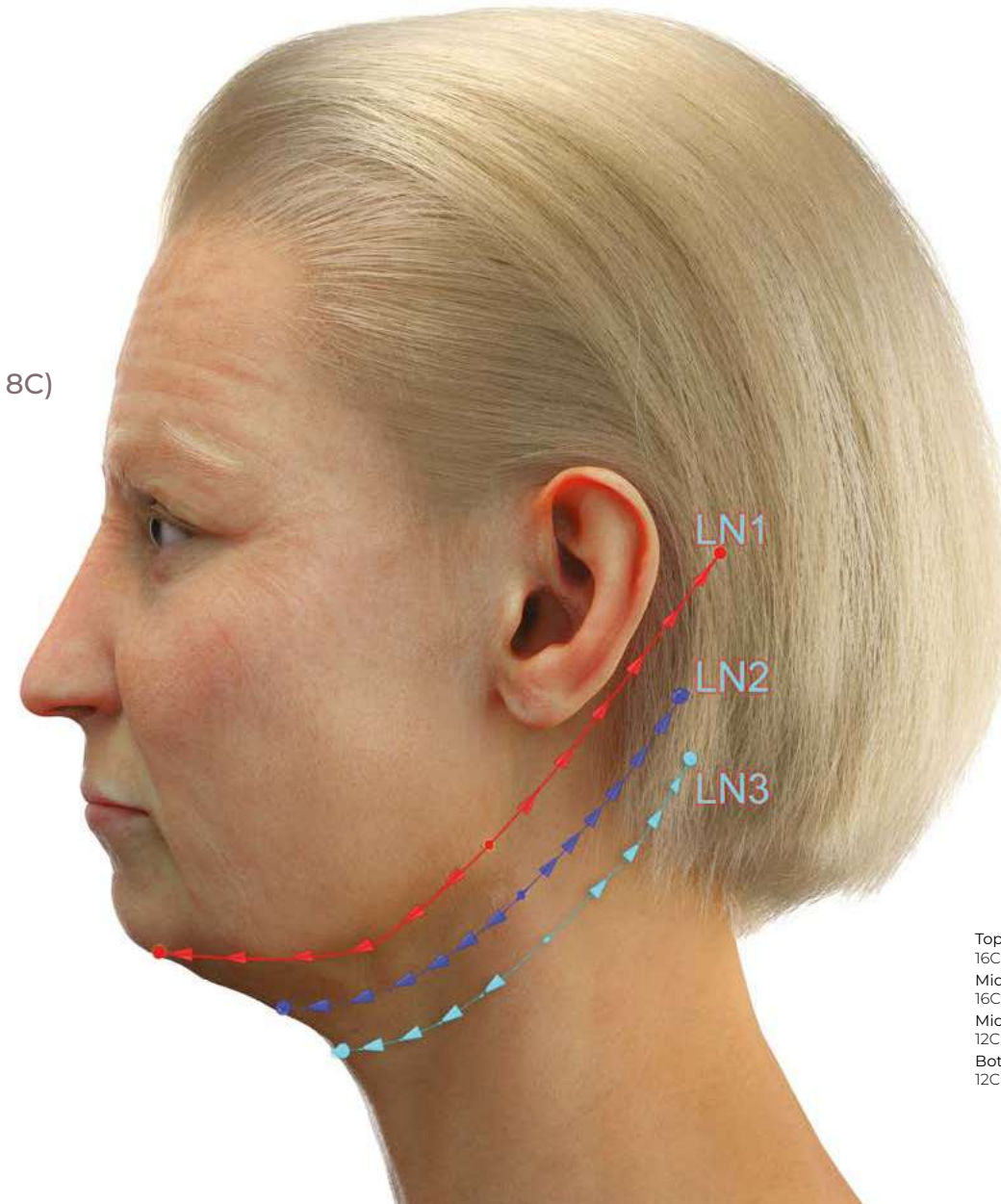
## Lateral Entry Point

1. Number of sutures: Depends on the skin laxity – Mild or Moderate.
2. Number of cones: Depends on the distance from the midline to the mandibular angle.

Total: 6 sutures

2 x 12C + 2 x 12CS + 2 X 8C

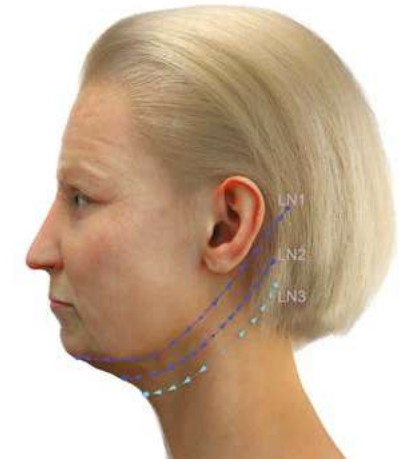
(3 sutures per side – 1 x 12C, 1 x 12CS, 1 x 8C)



Total: 4 sutures

2 x 12C + 2 x 12CS

(2 sutures per side – 1 x 12C, 1 x 12CS)



Total: 6 sutures

4 x 12CS + 2 X 8C

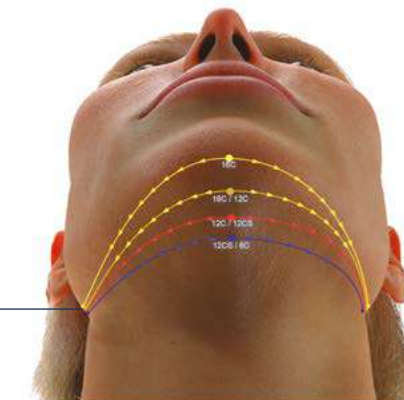
(3 sutures per side – 2 x 12CS, 1 x 8C)

## Midline Entry Point: Hammock

1. Number of sutures: Depends on the skin laxity – Mild or Moderate.
2. Number of cones: Depends on the distance from the midline to mastoid.

Total: From 2 to 4 sutures.

Top  
16C  
Mid top  
16C / 12C  
Mid bottom  
12CS / 12CS  
Bottom  
12CS / 8C





# Silhouette Soft in action

Model is not an actual patient.

[www.silhouette-soft.com](http://www.silhouette-soft.com)



# Our patient satisfaction scores

We all know that satisfaction is directly linked to loyalty – and when you use Silhouette Soft, you can be confident that your patients will be impressed with the results and the experience. The adaptable, minimally-invasive procedure is well-tolerated, and the results speak for themselves.

**96%** found absorbable suture suspension to be tolerable.<sup>6</sup>

**79%** were satisfied with their experience.<sup>6</sup>

**83%** found absorbable suture suspension to be an effective treatment for improving age-related changes.<sup>6</sup>

**82%** would recommend absorbable suture suspension to family and friends.<sup>6</sup>



## The scientific story – patient satisfaction

A study confirmed a high level of patient satisfaction following treatment with Silhouette Instalift.<sup>11</sup>

**The objective:** Assess the safety, efficacy, and patient satisfaction in 100 patients treated with Silhouette Instalift.

**The method:** Patients who underwent a procedure using absorbable suspension suture were critically evaluated. In addition, they anonymously completed a survey evaluating their experience.

**The results:** The majority of patients characterised the procedure as tolerable, immediately effective, and manageable. Most of them were pleased by the natural enhancement to their features the procedure provided.

Model is not an actual patient.

## Limited risk of suture migration or extrusion

Silhouette Soft's unique 3D cone technology anchors strongly in the tissue. So when tension is applied the suture remains in place and undamaged – see how here:

### Pull-out Force Test<sup>1</sup>

After implantation, Silhouette Soft sutures are firmly embedded within the subcutaneous fat due to the interaction between the large surface area of the cones and the tissue.

Pull-out studies demonstrate that our cones are very strong, remaining intact and attached to the suture after the application of forces in excess of those that were observed to strip the barbs from competitor products.



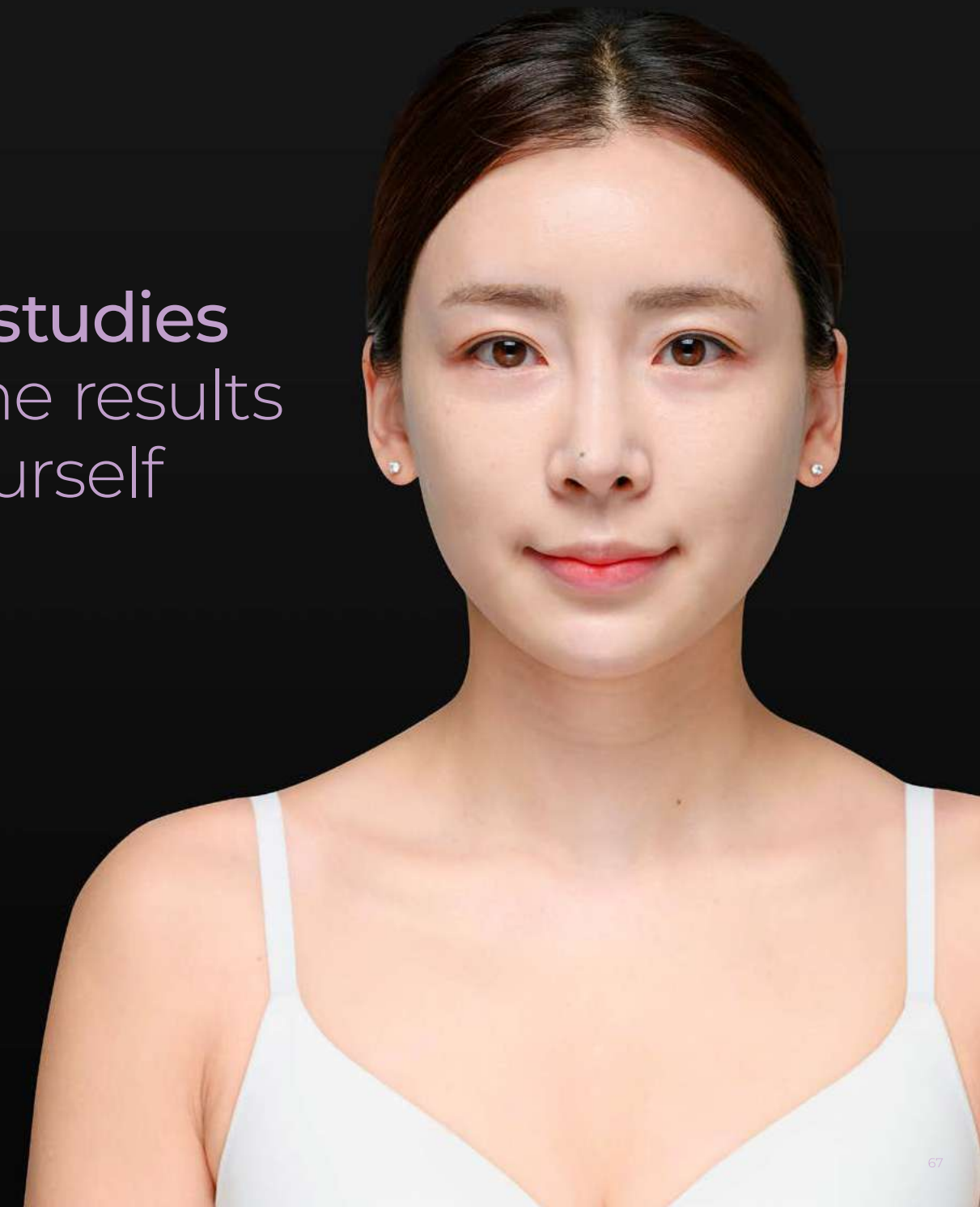
### Limited risk of suture breakage

Freely moving cones don't compromise the strength of the monofilament, which means the risk of suture damage is reduced.

### Excellent safety profile

The most frequently occurring adverse events are minor pain and swelling, which disappear within 2-3 days of the procedure.<sup>12</sup>

## Case studies See the results for yourself

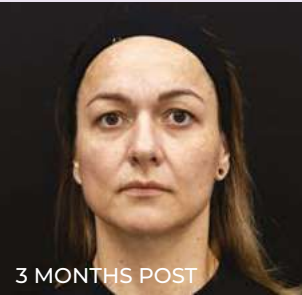


Actual patient, individual results may vary.

Viviane  
37 years old

Treatments

- Silhouette Soft.  
Eyebrow: 1 pair  
of 8-cone sutures.  
Midface: 3 pairs  
of 8-cone sutures.

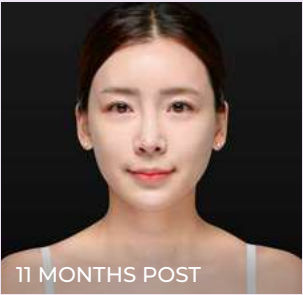
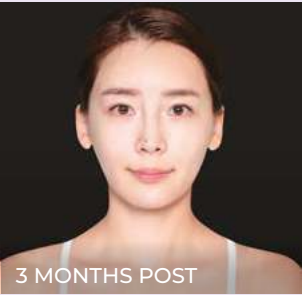
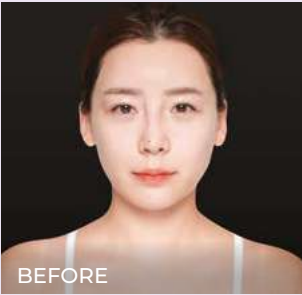


Procedure performed by: Dr. Alieksiéi Carrijo | Plastic Surgeon | Clínica Carrijo | São Paulo, Brazil.

JaeMin  
35 years old

Treatments (One session)

- Silhouette Soft.  
Mid and lower face area.
- Ellansé.®  
Forehead, marionette,  
chin and temple areas.

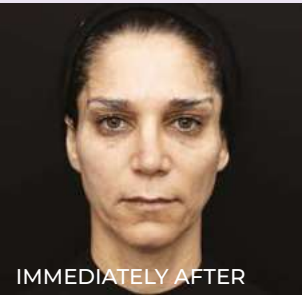
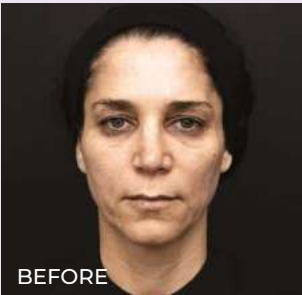


Procedure performed by: Dr. Hee Won Suh | Aesthetic Doctor | Suhheewon Clinic | Seoul, South Korea.

Deise  
45 years old

Treatments: one session

- Silhouette Soft.  
Eyebrow and medium third:  
4 pairs of 8-cone sutures.
- Ellansé M.  
Temple regions.



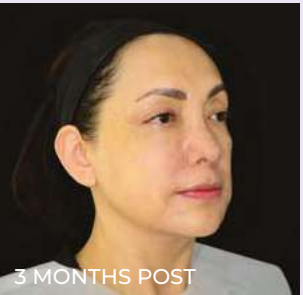
Procedure performed by: Dr. Alieksiéi Carrijo | Plastic Surgeon | Clínica Carrijo | São Paulo, Brazil.

More real results

María  
57 years old

Treatment

- Silhouette Soft.  
Midface area: 3 pairs  
of 8-cone sutures.



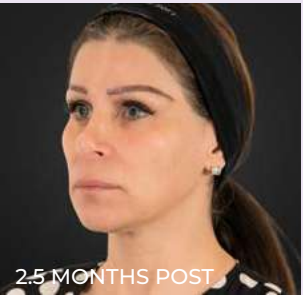
Procedures performed by: Dr. Marco Antonio Gutiérrez Cruz | Aesthetics Doctor | Clinic Aurus | Mexico City, Mexico.

Actual patients, individual results may vary.

Liliana  
50 years old

Treatment

- Silhouette Soft.  
Midface area: 3 pairs  
of 8-cone sutures.



Nara  
37 years old

Treatment

- Silhouette Soft.  
Full face and neck area:  
4 pairs of 8-cone sutures  
and 2 pairs of 12-cone sutures



Procedure performed by: Dr. Alieksiéi Carrijo | Plastic Surgeon | Clínica Carrijo | São Paulo, Brazil.



# Why Silhouette Soft is right for your patients – and you

## Reasons your patients will love it

### Choose Silhouette Soft for immediate results

- Restore facial contours without surgery.
- Redefines the jawline.
- Corrects skin laxity.

### For long-term enhancement

- Gradual neocollagenesis of lost collagen.
- Long-lasting, with outstanding visible results for up to 24 months.<sup>1</sup>
- Can be safely repeated as signs of ageing begin to reappear.

### For busy lives with no time to spare

- Ideal for busy lives – the procedure is performed in under an hour on an outpatient basis.
- Downtime is minimal – many patients return to work the next day.<sup>2</sup>
- Performed under local anaesthetic – so discomfort is minimal.

### For peace of mind

- Minimally-invasive procedure with beautifully effective results.
- Fully resorbable elements.

### Silhouette Soft over time

- Safety record<sup>1</sup> you can rely on – close to 300,000 treatments have been performed in more than 70 countries.<sup>3</sup>

## Why choose our superior technology

### Silhouette cone technology

- Effective tissue repositioning, large 3D surface area (2.5x larger compared to barbs area).<sup>1</sup>
- Better tissue integration, rounded and hollow-cone morphology.
- Good safety profile<sup>1</sup> with lower risk of migration and extrusion: the cones are freely moving and do not compromise the strength of the monofilament.
- Results improve over time: demonstrated type-1 collagen stimulation.

### Barbed threads

- Limited capacity for tissue repositioning – reduced surface area compared to hollow cones and thus reduced area of contact for tissue engagement.
- Risk of surrounding tissue damage: sharp barbed-edge morphology.
- Higher risk of suture migration or extrusion: barbs cut into the main filament can easily be broken as the force of the tissue is concentrated at their edges.

### Moulded barbed threads

- Limited tissue repositioning (as per barbed threads).
- Risk of surrounding tissue damage: sharp barbed-edge morphology.
- Lower capacity for tissue anchoring compared to cones; the high mechanical strength of the Silhouette Soft device and the strong tissue holding capacity enable the device to support tissue lifting as well as repositioning.

# Your Silhouette Soft order guide

Silhouette Soft is available in a range of considered combinations to help you – or your support team – conveniently order the ideal suture set.

Treatment Area	Reference	Sutures
Lower face	12-cone Suture & 12-cone Short Suture SMS 23 & SMS 26	Mild Total: 6 sutures 4 x 12CS + 2 x 12C Moderate Total: 6 sutures 4 x 12C + 2 x 12CS Severe Total: 8 sutures 4 x 12C + 4 x 12CS
Midface	8-cone Suture & 12-cone Suture SMS 22 & SMS 23	Mild Total: 6 sutures 4 x 8C + 2 x 12CS Moderate Total: 8 sutures 6 x 8C + 2 x 12CS Severe Total: 8 sutures 6 x 8C + 2 x 12CS
Neck (Lateral Entry Point)	12-cone Suture & 12-cone Short Suture SMS 23 & SMS 26  8-cone Suture, 12-cone Suture & 12-cone Short Suture SMS 22, SMS 23 & SMS 26  8-cone Suture & 12-cone Short Suture SMS 22 & SMS 26	Mild Total: 4 sutures 2 x 12C + 2 x 12CS Moderate Total: 6 sutures 2 x 12C + 2 x 12CS + 2 X 8C Moderate Total: 6 sutures: 4 x 12CS + 2 X 8C
Neck (Hammock)	8-cone Suture, 12-cone Suture & 16 Cone Suture SMS 26, SMS 23, SMS 25	Total: 4 sutures: 2 x 16C + 1 x 12C + 1 x 8C
Eyebrow	8-cone Suture or 12-cone Short Suture SMS 22 or SMS 26	Total: 2 sutures in each case

# My Notes

# My Notes

## References





1st Floor Whitfield Court, 30-32 Whitfield St, London, W1T 2RQ, United Kingdom.  
E. [silhouette-soft@sinclair.com](mailto:silhouette-soft@sinclair.com) [www.silhouette-soft.com](http://www.silhouette-soft.com)

