
IBRAHIM A. ASHARY

THREAD LIFT

ANATOMY AND TECHNIQUES



Officina Editoriale Oltrarno

THREAD LIFT - ANATOMY AND TECHNIQUES

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Ibrahim A. Ashary

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Officina Editoriale Oltrarno

Author

With a reputation for himself providing among the best rhinoplasty and facelift surgery, Dr. Ashary brings German precision in the Gulf.

Dr. Ibrahim Ashary, Specialist Plastic Surgeon (Subspecialty – Rhinoplasty and Laser), a graduate of the University of Tubingen in Germany, has 15 years of experience under his belt and has trained alongside some of the finest plastic surgeons in Germany.

Dr. Ashary puts in use his substantial experience in the field of plastic surgery provide top tier results in the areas of Breast Surgery, Facial Surgery, Body Contouring, and Hair Transplantation as well as non-surgical & lasers procedures to restore the beauty that exists within everyone.

The way you look outside should be a reflection of how you feel inside.

Dr. Ashary has built for himself a reputation as one of the best in rhinoplasty and facelift surgery and has developed his own Ashary Thread Lift technique that he has spoken about at various medical congresses. Thousands of patients have handed their appearances over to him to be sculpted by his expert touch.

Dr. Ashary is a member of:

- Association of German Plastic Surgeon;
- German Society of Plastic, Reconstructive and Aesthetic Surgeons;
- The European Academy of Facial Plastic Surgery;
- International Society of Aesthetic Plastic Surgery;
- American Society of Plastic Surgeons.

Ibrahim A. Ashary





Preface

Coming up with the idea of writing this book and having it printed was not easy. I was pushed to write and share the knowledge and experience that I gained throughout the years of practice because I believe that everyone should take advantage of the maximum benefits threads have.

When I first started my career in plastic surgery, I have been in the loop that all great surgeons went through. I experienced disappointments, unsatisfactory results, and post-operation complications. All of which, I was thankful for. For this, I tried to improve and innovate my practice to achieve perfection, or almost, of the results. I attended conferences, which inspired me to compare my current practice with other experts.

As I grew experience and fame, I was invited to several famous congresses to chair and demonstrate my technique which sparked the desire in me to make all my efforts and experience be shared. Most of my friends and family encouraged me to putting my hard work into writing and so this book was realized.

I am fascinated by the idea of helping most practitioners in having a feasible and affordable technique to be used in achieving excellent results in thread lifting.

This book is a legacy that I would like to imprint on other practitioners so that they will not go through the same loop I have been or if they are, it will give them a better path to go through it.

IBRAHIM A. ASHARY



Introduction



The author is a world-renowned plastic surgeon with clinics all over the Middle East and London. He is one of the top-notch doctors with a magnificent story to tell. He was inspired to become a surgeon because of his condition called Kienbock's disease; also known as avascular necrosis of the lunate, a condition in which the lunate bone, one of eight small bones in the wrist, loses its blood supply, leading to the death of the bone. He used to be a man full of life and played martial arts. After his successful operation, he was inspired by the hand surgeon who operated on him and decided to become a hand surgeon himself. He trained for three and a half years and led the Hand Surgery Department in the same hospital where he trained until he was able to operate and become a great surgeon like the one who sparked his dream.

He was trained in the burn, hand-reconstructive and plastic surgery. As he further advanced in training and practice, he found himself wooed by face and plastic surgery. As so he says, it is like God has placed him in this specialization. Destiny as so others call it.

The dream of sharing years of experience in thread lifting has now become a reality. This book is a compilation of ideas, techniques, and innovation in thread lifting. It explains how an approach in assessment and the type of threads used can affect the total result of the procedure. Furthermore, it explains deeply the anatomy, especially the face and eye region where signs of aging are commonly visible.

This book will help readers understand the vertical approach which is the basis of the Pyramidal technique. This moreover, emphasizes the importance of anchoring and threads used depending on each case which is neglected or not given importance by most practitioners.

Lastly, this book will sophisticate the approach and management in thread lifting.



Dedication

This book is dedicated to my loving family who supported me in all my failures and success; especially to my mother whose heart is always with me. To my educators who taught me important lessons useful in my current profession, Anna Lee, the one who helped me actualize my threads, Dr. Ahmad Ghatani, who pushed me to pursue writing this book, all my clinic staff around the Gulf and London who is ever loyal and hardworking, even this tragic pandemic that hit the entire world with Covid-19, for giving me the time to sit with myself and gather my thoughts, and most importantly to Allah for always being merciful. It is said that God serves those who wait and see. This book is a dream that is has now come true. This was made possible by a pandemic that shook the entire world. Sometimes, a tragedy is a blessing in disguise. A good side in the bad. I would never have written this book performing six to seven operations a day but, if it's meant to be a big dream to be realized, it will be done in God's will.



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