Why Is Pinch Anatomy Important?

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While performing thread lifting procedures, precautions must be taken against damaging the nerves and blood vessels. Especially, if the cannula containing the tread is a sharp needle type, there is higher possibility of bleeding or nerve damage.

Thread lifting is not a surgery, but a minimally invasive procedure. The advantages of minimally invasive procedures are low occurrence of complications, fast recovery, and the short procedure time. Therefore, maximizing the value of the thread lifting would be to minimize the possibility of bleeding and nerve damage.

The knowledge of the depth of major nerves and blood vessels based on facial anatomy is a prerequisite for thread lifting. In addition to this, we think that knowledge about the pinch anatomy will make the procedure to be safer and more effective. We expect that additional studies will be carried out on pinch anatomy in the future.

In summary, clinicians generally tend to pinch or pull the tissues for the ease of procedure. In such case, anatomical structure changes occur. If thread lifting is carried out in the safe layer with clear knowledge of the anatomical changes in the pinched status, damages to the blood vessels and nerves can be avoided.

Considering the depth and course of main blood vessels and nerves, in manipulating a pinch, which layer of face is pulled upward and whether blood vessels and nerves are pulled upward are very important. If they are assumed to be pulled, passing the thread in deeper layer would be safer, and if they are not pulled, inserting the thread superficially would be safer.

B. Kim et al., *The Art and Science of Thread Lifting*, https://doi.org/10.1007/978-981-13-0614-3_8