

Commentary

Volume 5 Issue 1 -December 2022
DOI: 10.19080/JOJDC.2022.05.555652

JOJ Dermatol & Cosmet

Copyright © All rights are reserved by Abrahan Benzaquen

The BQ Technique, A Way of Using Bidirectional Threads



Abrahan Benzaquen*

Department of Cosmetics, Clinica Benzaquen, Spain

Submission: November 28, 2022; Published: December 06, 2022

*Corresponding author: Abrahan Benzaquen, Department of Cosmetics, Clinica Benzaquen, Spain

Introduction

Background

We had enough experience in our clinics with the use of Serdev sutures, to reposition and lift the middle and lower third of the face, with very satisfactory results, but with the disadvantage that it was a pseudosurgical technique and difficult to perform, since the fixation area had to be periosteal.

Development

From here, we develop the BQ technique, which, is based on the use of bidirectional threads, with spicules, cones or other means of fixation, with double needle, being introduced at least 2 entry points, and directing them to a single exit point, or 2 very

close points, which is (or are) in a more elevated area.

The loop formed by the part of the thread that joins the entry points, will tension the area. The ends of the thread will be knotted if the exit point is unique, and therefore common. Thus, we achieve very similar results (that is, very good) in efficiency to those obtained with tensioning with Serdev threads, but in a much easier, less problematic and less traumatic way (since the periosteal anchoring is not needed, since that anchor is replaced by the anchoring of spicules or cones of the threads, which have been placed against, given the technique with which they have been inserted) since the fixation zone had to be periosteal (Figure 1).

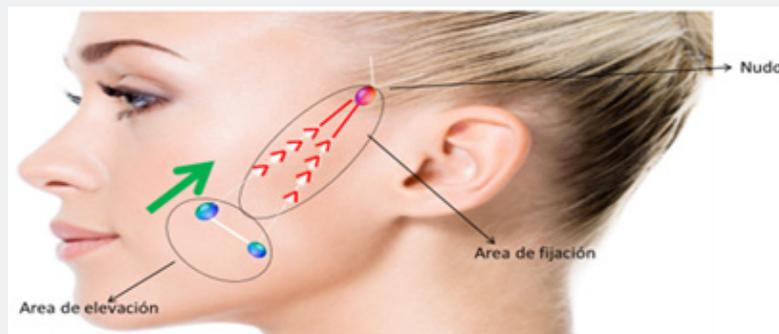


Figure 1: Blue dots: Thread entry points, red dots: Thread exit points, Red lines: Surface that acts as fixation or support, Green vector: The resulting force vector, Elevation Area = Loop.

Possible disadvantages

Detractors could argue that the loop (Elevation Area) that joins the 2 entry points is an insufficient area to get traction from that area upwards, and thus achieve the tensioning we are looking for with the technique, but we already have an important history with Serdev's technique, which has shown us that the transverse

arrangement of a thread is capable not only of raising a portion of facial tissue, but also to keep it for long periods of time.

To make sure, we performed the technique on a portion of pigskin, and it was kept refrigerated and fastened only to the lifting portion, with satisfactory results more than 2 weeks after its application (Figure 2,3).

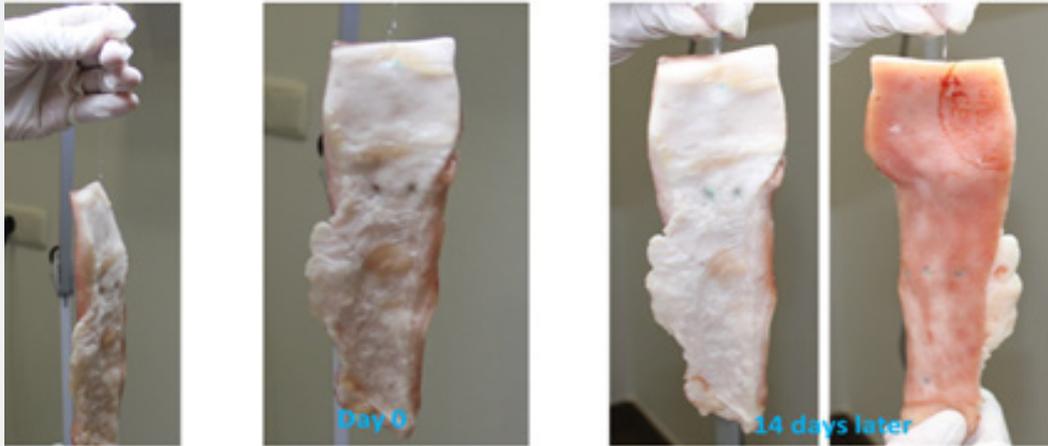


Figure 2: Variations of Classical Tea.

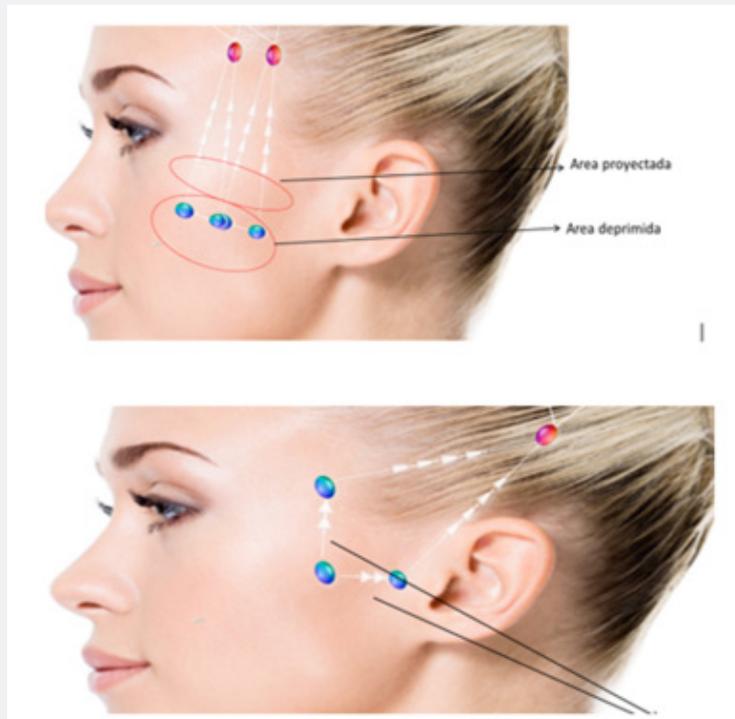


Figure 3: Wider base, with 3 entry points.

Conclusion

Thus, I firmly believe that this thread technique is a very interesting complement to complement our entire arsenal when it comes to raising, tightening, and repositioning the middle and lower third of the face, as well as the jowls area, for the great lift provided by the technique, especially when we knot, and for the

increase it brings in the durability of the result.

The technique can be subtly modified, giving us excellent results in the treatment of Bichat ball hypertrophy. We are studying the treatment in various body areas, the results of which we will report later. The technique has a learning curve, which must be acquired, to avoid possible adverse effects (Figure 4-6).



This work is licensed under Creative Commons Attribution 4.0 License
DOI: [10.19080/JOJDC.2022.05.555652](https://doi.org/10.19080/JOJDC.2022.05.555652)

**Your next submission with Juniper Publishers
will reach you the below assets**

- Quality Editorial service
- Swift Peer Review
- Reprints availability
- E-prints Service
- Manuscript Podcast for convenient understanding
- Global attainment for your research
- Manuscript accessibility in different formats
(Pdf, E-pub, Full Text, Audio)
- Unceasing customer service

Track the below URL for one-step submission
<https://juniperpublishers.com/online-submission.php>