

CLIENT GUIDE

Taylor Liberator Subcision



Cutis Clinic





TAYLOR LIBERATOR SUBCISION - full field subcision under local anaesthesia

Subcision is a surgical procedure that is performed in local anaesthesia. Subcision is effective for lifting tethered rolling scars, which may form after deep acne (nodules and cysts). Rolling scars are often tied or anchored in the subcutaneous tissue with threads of scar tissue like branches of a tree. If these threads are not cut (subcised), one will not be able to achieve a satisfactory result.

Principally, there are two main types of subcision:

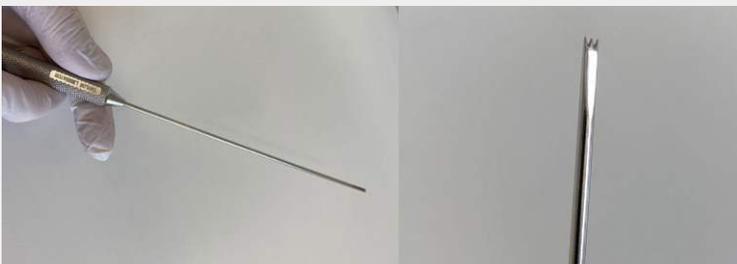
1. Blunt: Cannula subcision (with filler)
2. Sharp: Taylor Liberator subcision or Nokor subcision

For further information on Cannula subcision with filler, we kindly recommend you to read the patient information on this procedure.

Dr. Emil Henningsen introduced subcision in Scandinavia in 2014 as a treatment of acne scars. We currently perform 4-500 treatments per year.

Subcision is suitable in patients with acne scars that are fixed in the subdermis by scar tissue. These tethers require horizontal separation for the depressions in the skin surface to 'pop out'. This will lead to a smoother appearance of the skin.

Improvement will be visible as the swelling subsides after a few days. The final results are seen after 6-12 months due to formation of connective tissue under the scars. The result will be a permanent - and often drastic - lift of atrophic rolling scars.



*Taylor liberator
subcision instrument*

How to prepare for the procedure

Male clients should shave their beard on the evening before the procedure. Avoid application of active ingredient skincare one week prior to the procedure (e.g. Retinol, Retinoid, Ascorbic Acid etc.) Make up must be removed thoroughly before the procedure. Acne should be quite well under control. Avoid blood thinners such as fish oil and fish, supplements, Aspirin, Ibuprofen etc. one week prior to the procedure.

The procedure

Before to the procedure, we will assess the scars under indirect lighting. A pen will be used to mark the areas of atrophic tethered acne scars. Photos will be taken for your medical file. A headband will be applied. The skin will be prepared for surgery with a disinfectant agent. The tumescent anesthesia will be injected, and your face will swell markedly as a large volume (apx. 100 mL on each cheek) will be injected.

The tumescent consists of:

- Saline
- Lidocaine 2 %
- Triamcinolone (less than 10 mg)
- Adrenaline (less than 1%)
- Sodium Bicarbonate (to neutralize pH-value)

Tumescent will create a space under the scars that increases the safety of the procedure and reduces the risk of complications (see below).

After a break of 20-30 minutes we will be able to do the procedure. You will be lying flat during the procedure which will take apx. 20 minutes.

A small blade is made in the skin near the hair border and the surgical instrument is inserted to undermine the marked scars. The entry point is only very small. It heals in 4-5 days and usually without any visible scar on the skin surface.

The procedure is absolutely painless but you may hear and feel the "popping" of scar tissue bands. You may use in-ear headphones during the subcision procedure.

After the procedure, your skin will be cleaned. Antibiotic ointment and dressings will be applied over the entry points. We will apply cold compresses over the treated area for half an hour. A compression garment will be applied around the entire head, and we recommend you to keep this garment in place for 2 hours. You should be able to leave the clinic after an observation period of 30 minutes.

Post procedure skin care

48 hours after Taylor subcision, most swelling has normally resolved. Facial muscles may be paralyzed by the Lidocaine for some hours.

Please stick to the following recommendations:

- Keep the dressings on the wounds from the entry points for 24 hours. Change dressings if they are soaked in blood.
- Keep a low level of activity for the first 2-3 days.
- Avoid hot food and drinks, blood thinners (see above) for 24 hours.





Side-effects & complications

Any surgical procedure carries a risk of side effects. TLS is considered a safe treatment with a low risk of permanent complications, which may include:

- Swelling
- Bleeding and hematoma
- Infection
- Scarring
- Temporary or permanent nerve damage
- Changes in skin color and pigmentation

Altered facial contours

Bleeding

Taylor Liberator Subcision will always cause some damage to blood vessels. The risk of bleeding is reduced with the use of the above mentioned tumescence solution that contains Adrenaline. Smaller haematomas are quite common but barely noticeable. They may cause a visible bruise. Larger haematomas are rare and may require surgical drainage. Please see examples below.

Swelling

Swelling is always present following the Taylor Liberator subcision. With proper compression and cooling and strict adherence to the recommendations above, most swelling will resolve in a few days. Some swelling will be present for a few weeks and the rest should subside over a few months.

Infection

Infections in the face following Taylor Subcision are very rare. Symptoms of infection are increasingly pain, swelling, heat, redness, and fever. If you suspect an infection, please seek medical advice immediately, as antibiotic treatment may be indicated.

Nerve Damage

There are two main types of nerve damage:

- Sensory disturbance with an altered sensation or numbness is always present for 2-3 months following Taylor Subcision. Sensation should normalize spontaneously.
- Facial nerve disturbance with paralysis of facial muscles is extremely rare and may need surgical resolution.



Bruising. Before Taylor subcision (left) and two days after Taylor subcision (right). Remaining bruises expected to completely resolve in the next two weeks.



Bruising. Before Taylor subcision (left) and 10 days after Taylor subcision (right). Remaining yellowish discoloration expected to completely resolve in the next few days.



Lumps. 4 weeks following Taylor subcision. Visible lumps have formed under the skin. Lumps gradually resolved after 2 months. It is possible to speed up this process by injecting corticosteroid at your local dermatological clinic.



This is how you look right after the treatment, where a bandage is placed around the face.



The day after the treatment, the swelling has reduced, but there is still slight swelling at the bottom of the cheeks.



The entrance hole on the jawline is seen as a small red line.

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