



Threading Unveiled: Dermatologic Consequences of a Cultural Tradition

Haya Beydoun, BS
Wayne State University School of Medicine

Sarah Chamdin, BS
Wayne State University School of Medicine

INTRODUCTION

- Threading is an epilation technique originating in India and the Middle East.
- While it is gaining popularity due to its low-cost and quick process, it is associated with several dermatological side effects.

METHODS

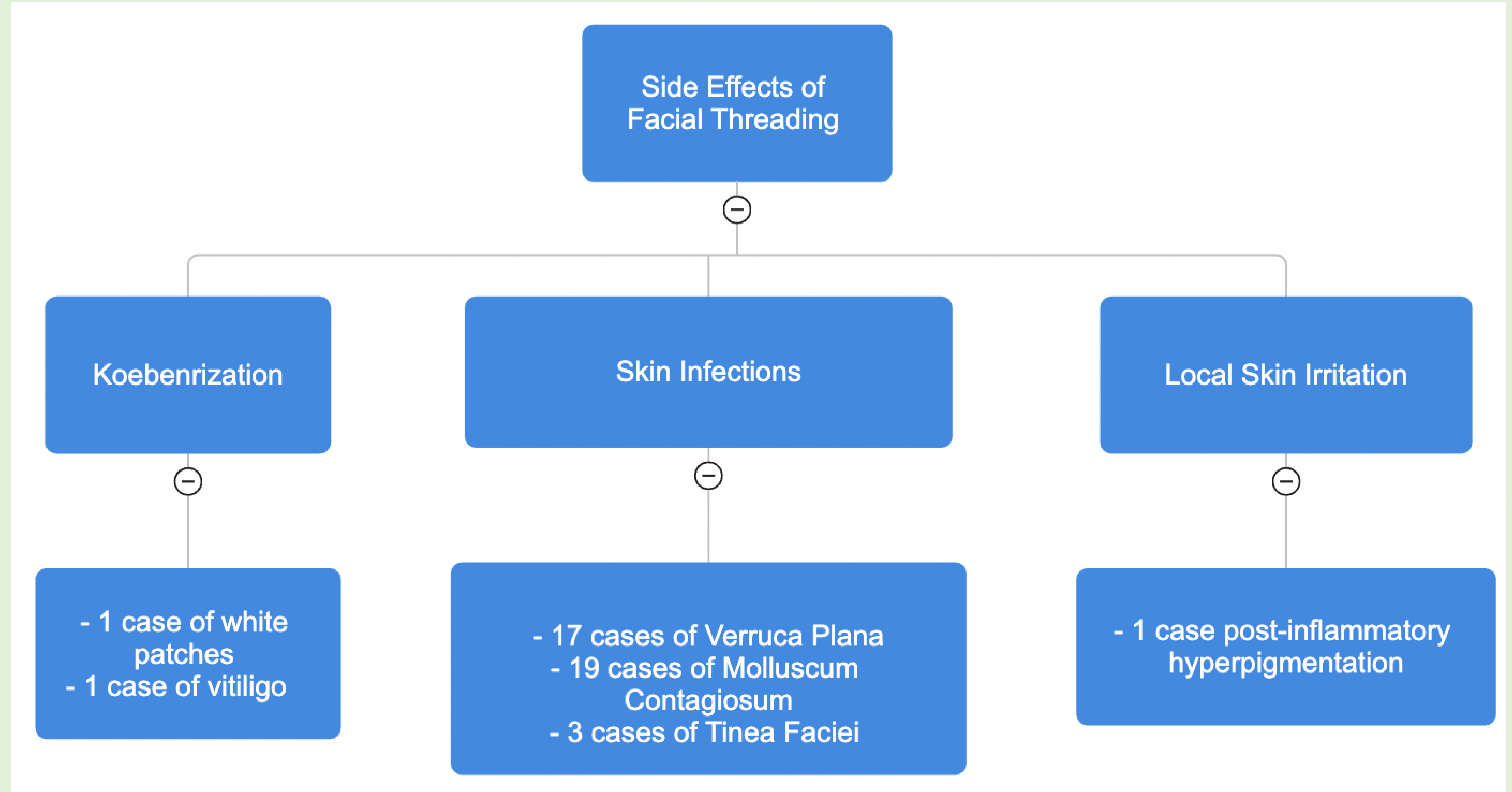
- A literature review was conducted on PubMed from 2000 to 2024 with search terms “threading” AND “dermatology”, “threading” AND “facial”, and “eyebrow” AND “threading”.
- Ten relevant articles were found.

RESULTS

- We found 42 cases with complications, and they can be categorized into three main groups: local skin irritation, skin infections, and koebnerization (the induction of new lesions).
- Notable complications included local erythema, vitiligo, and molluscum contagiosum.

DISCUSSION

- Threading is a procedure in which a thread is rapidly twisted in scissoring motions to remove unwanted hair that is entrapped in the thread.



- Beauticians either use a combination of their mouth and hand or two hands to stabilize the thread.
- Trauma to the skin can disrupt the epidermal barrier, fostering an environment that may be more susceptible to viral infections.
- These infections can arise from unhygienic practices, such as the use of dirty threads or unwashed hands by beauticians, as well as cross-infection between clients or even from the patient’s own skin.
- Trauma can also inflict damage on the melanocyte stem cell reservoir within the hair follicle leading to depigmentation.

LIMITATIONS & CONCLUSIONS

- With the rising popularity of threading, dermatologists must consider this aspect in a patient’s history when approaching a differential diagnosis.
- Unfortunately, most side effects associated with threading are infectious in etiology, highlighting the critical importance of maintaining clean and hygienic practices.