



SILHOUETTE INSTALIFT POST-PROCEDURE RECOMMENDATIONS

Expectations:

After treatment, it is normal to have mild to moderate swelling, bruising, or even slight depressions or skin irregularity. These typically disappear a few days after treatment. The insertion sites will close.

Your skin will appear lifted and will continue to lift gradually over 2-6 months. Skin also tends to continue to rejuvenate over this period as well.

Results may last 2 years.

After procedure care:

- One may apply cold packs the day after procedure if desired (should be wrapped with cloth to avoid direct contact with skin and insertion points).
- Acetaminophen may be taken in case of pain (2-3 days) if you normally tolerate Tylenol. Ibuprofen (or Motrin) is not preferred due to increased risk of bleeding.
- Gentle daily cleansing is advised with a clean wash cloth or sanitized hands. Make-up and non-abrasive skincare products may be gently applied after a minimum of 24 hours.
- You may sleep face-up, elevated on pillows for 3-5 nights if you wish to reduce swelling faster.
- You may use Arnica Pastilles at any time to reduce bruising. Arnica Cream may be used 24 hours or more after procedure.
- Do not rub face aggressively when washing, shaving, and drying face for 5 days; be gentle. Avoid excessive neck and facial movements for 2 weeks.
- Avoid participating in high impact sports (i.e.: running), strong facial impressions, and gum chewing for 2 weeks.
- Avoid exposure to direct sunlight and UV light for 2 weeks. Do not use saunas for 3 weeks.
- Avoid dental surgery for 3 weeks.
- Avoid facials, facial massage, face-down massages and facial aesthetic treatments for 4 weeks. Laser resurfacing such as Fraxel Dual can be performed 1 month or more after treatment. Radiofrequency treatments such as Thermage FLX can be performed 2 months after treatment.

Please contact the office if you have concerns about increasing redness and swelling, increasing pain, pus or pustules, or any other signs of infection as that would be quite unexpected.

Please contact us if you have a tendency toward cold-sores and would like medication for an outbreak.

Please call 818-889-2739 with any questions or concerns. We look forward to seeing you for your 12-week follow-up visit.

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