



SILHOUETTE INSTALIFT™ AFTER CARE

Edema and/or bruising is common and will resolve in a few days.

Slight depression, puckering or other skin irregularity may appear at the insertion points. This will typically disappear a few days after treatment.

You may feel a pulling sensation especially when turning your head or even feel clicking for the first few days up to 2 weeks; this is not unusual.

Apply cold packs immediately after procedure if needed (the ice should be wrapped to avoid direct contact with the skin and insertion points).

Refrain from applying make up for as long as possible. Make up may gently be applied after a minimum of 24 hours.

Sleep face up, elevated on pillows at least 30 degrees, for 3-5 nights.

Do not rub your face extensively when washing, shaving, and/or drying for 5 days: be gentle.

Avoid direct pressure to the face and areas where sutures were placed for 2 weeks unless you are applying it yourself in an upward direction.

Avoid excessive neck and facial movements for 2 weeks. This includes yawning, smiling, chewing, and talking. A soft diet is recommended for 3 days.

Avoid participating in high impact sports (including running) or exposure to direct sunlight for 2 weeks (including running).

Avoid dental work and do not use saunas for 3 weeks.

Avoid facial or face down massages and facial aesthetic procedures for 4 weeks.

Your skin will encapsulate the threads over the next few weeks. Then you will start to make your own collagen in response to the material in the threads. This process takes three months. Be patient.

Make a follow up appointment for 2 weeks after your procedure and call with any questions.