

# Silhouette InstaLift Procedure Instructions

## **Before the Procedure:**

- You will want to have a neck pillow ready (such as the neck travel pillows) to use for 5 days after the procedure. This will help keep you in the proper position on your back for sleeping during the healing process.
- Wear a button-down or zipper-front shirt that is machine washable and darker in color (just in case it is stained with any markings or small blood spots). After the procedure, you will not want to pull anything over your head.
- If possible, have your hair pulled straight back with a clip or pony-tail for the procedure.
- Cleanse your face prior to your appointment and do not wear make-up or facial moisturizers to the office the day of the procedure, if possible.
- To prevent bruising, avoid all aspirin, ibuprofen, Alleve, vitamin E, fish oil, ginseng, or ginkgo biloba for 1-2 weeks prior to your procedure. You may take Tylenol (acetaminophen) for pain. Avoid alcoholic beverages for 1 week prior, if possible. You can also start taking Arnica natural tablets 2 days before your procedure to minimize the chance of bruising.
- DO NOT SMOKE for 2 weeks prior to or after the procedure. Smoking decreases your circulation and slows down healing time, which may result in complications.
- If you develop a cold sore, fever, or any possible infection in the treatment area prior to your procedure, please notify us as soon as possible.

## **After the Procedure:**

- After the treatment, slight swelling and bruising may occur. Sometimes, a slight depression or skin irregularity may appear where the needles were inserted. These typically disappear a few days after treatment.
- Apply cold packs immediately after the procedure for any swelling, if needed.
- Tylenol (acetaminophen) may be taken as need for pain for the next several days.
- Try to refrain from applying make-up for as long as possible. Make-up may be GENTLY applied after waiting a minimum of 24 hours.
- YOU MUST SLEEP FACE-UP, elevated on pillows for 3-5 nights. It is best to have a travel neck pillow to use in order to keep your face properly positioned all night.
- DO NOT RUB YOUR FACE aggressively when washing, shaving, and drying your face for 5 days. Be very gentle, or the threads may pop.
- Avoid excessive neck and facial movements for 2 weeks. Do not fully smile for 2-3 days. You can give a gentle half smile during this time.
- Avoid participating in high impact sports or exercise (such as running, tennis, pilates, yoga etc.) for 2 weeks.
- Avoid exposure to direct sunlight and tanning beds for 2 weeks.
- Do not use saunas for 3 weeks.
- Avoid dental surgery for 3 weeks.
- Avoid facial or face-down massages and facial aesthetic treatments for 4 weeks.