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POST TREATMENT INSTRUCTIONS FOR SILHOUETTE INSTALIFT™

WHAT TO EXPECT:

- Edema and/or bruising is common and will resolve in a few days.
- Slight depression or 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 for the first few days; this is not unusual.

Post-op Care:

- Apply cold packs immediately after procedure if needed (the ice should be wrapped to avoid direct contact with the skin and insertion points).
- Make up may gently be applied after a minimum of 24 hours.
- Sleep face up, elevated on pillows for 3-5 nights.
- Be gentle when washing and/or shaving for the next 5 days, pat dry.
- Avoid direct pressure to the face and areas where sutures were placed for 2 weeks.
- Avoid excessive neck and facial movements for 2 weeks. This includes yawning, smiling, extensive chewing.
- Avoid participating in high intensity sports for 2 weeks (including running).
- Avoid exposure to direct sunlight and UV light for 2 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, you will love your results.

Call the office if you have any questions or concerns, and do not forget your follow up appointments.