

Silhouette InstaLift

What to Expect During and After Your Procedure

After treatment, a slight edema (swelling) or bruising may occur. Sometimes a slight depression or skin irregularity may appear at the insertion points. These typically disappear a few days after treatment but may show slightly for 1 - 2 weeks.

After your procedure:

- Apply cold packs immediately after the procedure with only gentle pressure for 5 - 10 minutes. Be sure to wrap the cold pack with a handkerchief or wash cloth to avoid direct contact with the skin and insertion points. These ice packs may be applied 2 – 3 times per day during the 1st 48 hours.
- Acetaminophen (Tylenol 325 mg or 500 mg) may be taken for pain if needed.
- Refrain from applying make-up for as long as possible. Make-up may be gently applied after a minimum of 24 hours.
- Sleep face up, elevated on pillows for 3 - 5 nights.
- Do not rub the face aggressively when washing, shaving, and drying face for 5 days; be gentle.
- Buy a children's tooth brush and gently brush teeth the 1st week.
- Avoid excessive neck and facial movements for 2 weeks; especially wide-open mouth movement.
- Avoid participating in high impact sports (example: running/golf/tennis) 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 4 weeks.
- Avoid facial or face-down massages and facial aesthetic treatments for 4 weeks.

Please contact our office if you have any questions or concerns at (858) 657-1002