

GUIDELINES FOR SILHOUETTE INSTALIFT

PRE-PROCEDURE

1. Do not apply any make-up, face creams, or moisturizers on the day of procedure. You should dress in comfortable, loose-fitting clothing – preferably a button-down shirt.
2. Please do not bring any unnecessary valuables with you to the office.
3. Make sure to avoid any medications and/or supplements noted on our 'Restricted Medication' list for at least 10 days prior to and 5 days after the procedure. If for some reason you do not have this list already, please ask our staff for a copy.

AFTER CARE

1. After treatment, swelling and bruising may occur in the treatment area. Sometimes, a slight depression or irregularity in the contour of the skin may appear at the insertion points. These will usually disappear after a few days.
2. Apply cold packs immediately after the procedure. You should wrap the cold packs in a clean, thin cloth to avoid direct contact on the skin.
3. For pain, start taking acetaminophen (Tylenol) as directed over-the-counter.
4. Refrain from applying make-up for at least 3 days after the procedure.
5. Sleep with your face up and your head elevated above your heart level for 3-5 days after the procedure.
6. Do not rub your face when washing, shaving and/or drying your face for at least 5 days after the procedure. It is important that you are very gentle with any contact over the treatment areas.
7. Avoid excessive face and neck movement (animation) for 2 weeks.
8. Avoid high impact activities (like running, etc.) for 2 weeks.
9. Avoid direct sunlight and UV light for 2 weeks.
10. Do not use a sauna for 3 weeks.
11. Avoid dental work and/or dental examinations for 3 weeks.
12. Be sure to schedule a follow-up appointment with our office.

QUESTIONS?

Call our offices immediately at (619) 296-3223 if you have any questions or concerns.