



POST-OP INSTRUCTIONS – Silhouette Instalift™

What to Expect:

After treatment, 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 persist up to 2-3 weeks depending on your skin elasticity.

After Surgery:

Apply Bacitracin to small openings on your face four times a day for 1 week.

Apply cold compresses immediately after the procedure if required. (Be sure to wrap the cold compress to avoid direct contact with the skin and insertion points.)

Sleep face up with your head elevated at approximately 35 degrees for the first 3-5 nights following the procedure.

Do not floss your teeth for 2 weeks as this puts excessive stress on your sutures so this should be avoided. Avoid dental surgery for 3 weeks.

Please try to limit facial movements to a minimum of 2 weeks. Avoid excessive chewing, talking, yawning, smiling, and other facial movements during this period of time.

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

Please try to stay on a soft diet for the first 3 days after surgery. Drink plenty of water or other clear liquids.

Do not soak your face in a bath, jacuzzi, swimming pool, or any body of water for 3 weeks following the procedure. Do not use saunas for 3 weeks. You may shower.

You will have an additional post-operative appointment 6-7 days after the procedure.

Pain medications are prescribed for "as needed only." We recommend that you stop taking them as soon as possible or use the mildest prescription. This will aid in a quicker ambulation and recovery.

Vigorous exercise is not recommended for approximately 2 weeks. However, you are encouraged to get up and walk around.

Call our office if you notice any signs of infection such as fever, foul smelling drainage, focal redness, swelling, or increasing pain in the treatment areas.