

Silhouette InstLift[®] Pre and Post Care Instructions

Preparing For Your Treatment

Try to avoid aspirin, motrin (Ibuprofen), NSAIDS and/or anticoagulants (blood thinners) for 7 days prior to your treatment, but **ONLY** with your prescribing doctor's consent. Please notify Dr. Bélanger if you are **NOT** able to stop any prescription blood thinners. We can likely still proceed but we need to be on the same page.

Note: Following these steps does not prevent all bleeding/bruising and it may take anywhere from 1-4 weeks for the bruising to resolve.

In terms of avoiding infection, an antibiotic is not generally required but can be prescribed starting 2 days prior to the procedure and continuing to the day after if you wish. However, please be advised that this does **NOT** eliminate the small risk of infection and can potentially cause unintended issues. Infections are possible but very uncommon. Additionally, we ask that you avoid hair colour treatment, perms, laser or injectable treatments 1-2 weeks before your treatment and up to 4 weeks following.

Note: Please reschedule your appointment if you have a rash, sunburn or infection of any kind in and around the treatment site.

The Day of Treatment

Have a light meal 1-2 hours prior to your procedure in addition to taking Tylenol. You can request a mild sedative to be given to you prior to starting the procedure if you are anxious but you **MUST** arrange to be picked up from the clinic as you are not permitted to drive. Once you arrive, you will receive a topical anaesthetic for comfort.

No incisions are required for InstLift, however, discomfort is to be expected at the entry and exit points of the threading as well as minor swelling. This is common especially around the eyes and mouth.

Post Treatment Care

- Apply polysporin to the wounds 2-3 times a day for 5 days, as needed.
- Gradually return to normal movements in the 2nd week.
- An over the counter antihistamine can be taken to help with swelling if needed.
- Tylenol and Ibuprofen are often all that is needed to manage any post treatment pain.
- Use a cold cloth or ice pack to alleviate any discomfort.

Immediately following your treatment:

- **Avoid stretching or any friction across the area for a minimum of 72 hours then gradually ease into return to regular movement over the next weeks or two.**
- **Do not use hot water, steam, rub or scratch the treated area.**
- **For the first 72 hours or until swelling subsides, keep your face elevated while sleeping.**
- **For the first 48 hours, when washing your face, be very gentle or allow the water to run over your face and pat dry.**
- **Refrain from makeup for at least 24 hours and longer if possible.**

1-2 weeks following your treatment avoid:

- **Chewing gum, gaping yawns, flossing or opening the mouth wide. This can include smiling and excessive talking.**
- **Turning the head quickly or vigorous movements (especially if the neck was treated).**
- **Refrain from deep cleaning or excessive rubbing of the face for 5-7 days**

4 weeks following your treatment avoid:

- **Face-down massages, chiropractic treatments or dental work**
- **Exposure to the sun, especially important for the entry/exit point areas if you have dark skin can cause hyperpigmentation.**

Post Treatment Expectations

Over the next 2 weeks, the entry and exit point wounds will become less noticeable. The initial pink and *occasionally* indented points will fade and flatten. You will notice some gathering of skin folds or areas that look “pinched” - Do **NOT** manipulate these areas as it will result in irreparable loosening of your lift. Any necessary adjustments will be done by Dr. Bélanger, but generally, these concerns will resolve on their own within a 2 week period.

Remember!

Excessive laxity or redundancy may require other procedures and/or removal of skin to reach the goals you have set for yourself. Skin colour and deep texture issues are **NOT** results to be expected with InstaLift. Results are not to be compared with that of a surgical facelift. Surgical facelifts come with many risks and longer recovery time. InstaLift is low risk, requires minimal downtime and has the potential to delay the need for surgical measures.