Regency Medical Spa

POST TREATMENT INSTRUCTIONS FOR SILHOUETTE INSTALIFT™

WHAT TO EXPECT

- Edema and/or bruising is common and will resolve in up to 10 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.

ACTIVITY

- Apply cold packs immediately after procedure if needed (the ice should be wrapped to avoid direct contact with the skin and insertion points).
- Refrain from applying make up for as long as possible. Make up may gently be applied after a minimum of 24 hours.
- Sleep face up, elevated on pillows at least 30 degrees, for 3-5 nights.
- Do not rub your face extensively when washing, shaving and/or drying for 5 days; be gentle.

-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, chewing, and talking. A soft diet is recommended for 3 days.

-Avoid participating in high impact sports for 2 weeks (including running).

-Avoid exposure to direct sunlight and UV light for 2 weeks.

-Do not use saunas for 3 weeks.

-Avoid dental work for 3 weeks.

-Avoid facial or face down massages and facial aesthetic procedures for 4 weeks.

-You 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.

Call the office at 847-348-6425 if you have any questions or concerns.