



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 cold compresses immediately after 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 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 liquid.

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

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

Continue to take the antibiotics given to you pre-operatively until your prescription is completed.

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 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.

We will contact you the day following surgery to make sure everything is going well and to answer any questions. If you have any questions, do not hesitate to call the office at 248-322-3362. If you require assistance after hours, please call the paging service at 313-745-0203 and enter pager 0978#. Follow the directions to enter your call back number and they will contact the physician on call and have him/her contact you.



The above instructions have been explained to me, and I understand the contents of this post-operative instruction sheet.

Patient Signature:

Date: