



SILHOUETTE INSTALIFT®

What to Expect After a Silhouette Instalift®



Silhouette Instalift® is a non-surgical facial rejuvenation treatment that provides immediate results with minimal downtime. Knowing what to expect after this procedure can help you better understand and prepare for the recovery and your new look.

After your Instalift procedure, you can expect some swelling and bruising, but this typically resolves within a few days. At the insertion points, your skin may show a slight depression, irregularity, or “pucker” but usually resolves within the first two weeks. With head movement, you may feel a pulling sensation and/or pain in your face for the first two weeks.

Silhouette Instalift™ does not require the extensive recovery experienced with a facelift. However, you will still need to follow some post-procedure instructions to maximize your results. These can include:

- Apply cold packs to your face to help minimize swelling.
- Tylenol may be taken for pain. Ibuprofen is not recommended due to increased risk of bleeding.
- Wait 12 hours or longer before gently rinsing your face. Pat the face dry. Do not pull on the skin. Wash your face gently like this for at least one week. Refrain from deep cleaning or excessive rubbing of the face for the first week.
- Refrain from makeup for at least 24 hours and longer. Pat on skincare products and makeup. Do not pull on the skin.
- Sleep face up with your head elevated for the first two weeks following your procedure. This will reduce swelling and prevent excess tension on the threads.
- Limit neck and facial movements for two weeks following the procedure. This includes laughing, smiling, excessive chewing, yawning, and even talking. If you feel tension from your movement, then you know that you should not make that movement. Following a soft diet for the first weeks can help.
- Do not floss your teeth for at least one week as this puts excessive stress on your sutures. If you feel pain in opening your mouth wide, you should stop. You want the threads to relax on their own. You do not want to rush the process by excessive facial movements. Avoid dental appointments for 3 weeks.
- 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. Gently pat dry.
- Vigorous exercise is not recommended for approximately 2 weeks. However, you are encouraged to get up and walk around.
- Avoid exposure to the sun or UV light for the first two weeks.
- Movement will cause “zingers.” These zingers will subside over time as your face grows accustomed to the threads. You will feel the threads and tension on your face. This too will subside over time.

Results Continue to Improve Over Time

With Silhouette Instalift™, you can expect to see some immediate results. As this procedure helps to naturally stimulate collagen production, your results continue to improve with time, resulting in more vibrant skin texture and appearance.

Depending on how tight the threads are, you may have a longer recovery time. The depressions and puckers soften over time as the threads naturally stretch and dissolve. Almost all patients love their new faces at 6 months.

Maintaining Your Appearance

While a traditional facelift can offer results for years, the Silhouette Instalift™ provides great results for up to 18 months. As the threads dissolve, they are also building collagen to make your skin fuller. You will need an annual treatment to maintain your results. Waiting two years for your maintenance treatment may require the full quantity of threads again. Getting maintenance at one year should in theory take less threads since you are not starting from scratch again. To make your new appearance last as long as possible, avoid sun exposure and always wear sunscreen.

Please call the office at **920-233-1540** if you have any concerns.

