



### **Silhouette Instalift®**

***Contact our office with any questions or concerns at 210-245-4050***

The Silhouette Instalift is a non-surgical face lift that uses absorbable lifting sutures to treat the mid-face and jowls. The sutures stimulate fibroblasts to create collagen for 2-3 months. Results can be seen immediately after treatment, but will continue to improve over the following 3 months and last up to 18-24 months. Instalift does not replace other aesthetic procedures and can be done in combination with fillers and neurotoxins (even same day). This procedure uses local anesthesia and can be done in 45 minutes with minimal bruising. For additional results, pair your Silhouette Instalift procedure with Revision Nectifirm cream and Elos Plus Sublime treatments for skin tightening.

#### **Pre Treatment Instructions**

- Inform your provider if you have a history of cold sores
- Schedule your appointment at least 2 weeks prior to any special events
- Avoid anti-inflammatory/blood-thinning medications for 1 week before treatment if possible
  - *Ex: aspirin, vitamin E, ginkgo biloba, ginseng, St. John's Wort, Omega 3/Fish Oil supplements, Ibuprofen, Motrin, Advil, Aleve and other NSAIDS*
  - *Avoid alcoholic beverages at least 24 hours prior to treatment*
- Reschedule your appointment at least 24 hours in advance if you have a rash, cold sore, or blemish on the area to be treated
- Be sure to have a good breakfast before your procedure to avoid lightheadedness during treatment
- You may take Arnica starting 2 days prior to treatment to help reduce bruising/swelling

#### **Post Treatment Instructions**

- Do NOT manipulate or massage the treated area, unless instructed by the provider
- Do NOT exercise for 48-72 hours
- Sleep on your back for 48 hours
- Take OTC Tylenol for any discomfort
- Take OTC Arnica to help reduce any bruising
- If other aesthetic procedures such as botox or fillers are done in combination, then follow post-treatment instructions for those treatments as well