

## **Patient Instructions for Threadlift (Silhouette InstaLift®)**

### **PRE-PROCEDURE INSTRUCTIONS**

- Smoking and all kinds of alcohol must be avoided for at least one week before the procedure as they can dehydrate the skin and even affect the anaesthetic step. It helps in speeding the recovery process and providing the best treatment results.
- Avoid consuming omega fish oils, vitamin E, chilli ginseng, garlic, krill, and other such supplements at least two days before the treatment. It is best to avoid green and ginger teas as well.
- Aspirin-based products, like Advil (ibuprofen), Naproxen, Aleve, must be avoided as they can cause bleeding, increased risk of bruising, unwanted side effects and complications.
- Avoid performing high-intensity exercises and going to a sauna or steam room.

### **POST-PROCEDURE RECOMMENDATIONS**

#### **WHAT TO EXPECT**

After treatment, a slight edema 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.

#### **ACTIVITY**

- Apply cold packs immediately after procedure if required (should be wrapped to avoid direct contact with skin and insertion points).
- Restrict facial movements for one day. Make sure to rest for a full day after getting the treatment.
- Acetaminophen (Tylenol) may be taken in case of discomfort (2-3 days).
- Do not wash your face for 12 hrs.
- Refrain from applying make-up and facial cream for at least 48 hrs.
- Sleep face-up, elevated on pillows for 3-5 nights.
- Do not rub face aggressively when washing, shaving, and drying face for 5 days; be gentle.
- You should not drink a beverage with a straw and focus on drinking liquids or consuming soft foods for at least a week. Chewing gum should be avoided for at least two weeks.
- Avoid excessive neck and facial movements for 2 weeks.
- Avoid participating in high impact sports (example: running) for 2 weeks.
- Avoid exposure to direct sunlight and UV light for 2 weeks.
- Do not use saunas for 3 weeks.
- Avoid any dental work for 3 weeks.
- Avoid facial or face-down massages and facial aesthetic treatments for 4 weeks.

If you have any further questions or concerns, please call/text us at 705-522-2252 or email [np@lipsnlines.ca](mailto:np@lipsnlines.ca)