



# SILHOUETTE INSTALIFT®

## 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).
- Acetaminophen may be taken in case of pain (2-3 days).
- Refrain from applying make-up for as long as possible. Make-up may be gently applied after a minimum of 24 hours.
- 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.
- 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 dental surgery for 3 weeks.
- Avoid facial or face-down massages and facial aesthetic treatments for 4 weeks.

### FOLLOW UP APPOINTMENT

Next appointment: \_\_\_\_\_

\_\_\_\_\_  
Signature of Patient

\_\_\_\_\_  
Date

\_\_\_\_\_  
Signature of Witness

\_\_\_\_\_  
Date

Other potential side effects include sensory nerve injury, asymmetry, and banding.  
Individual results may vary. If you have any additional concerns contact your physician.

MSL-070 Rev C

Manufactured by: Sinclair Pharma US, Inc.



Distributed by:



Toll-free call (U.S. & Canada): 844-235-5234.

Local calls: 858-550-9999. International calls: ++ 858-550-9999.

[www.sunevamedical.com](http://www.sunevamedical.com)

© 2020 Suneva Medical, Inc. All rights reserved. SM3046 REV00