

PINSKI DERMATOLOGY AND COSMETIC SURGERY, S.C.
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SILHOUETTE INSTALIFT

PRE OP INSTRUCTIONS

STOP taking the following 2 weeks before your surgery:

1. Aspirin and medications containing aspirin, ibuprofen, and anti-inflammatory agents (including Motrin, Advil, Midol)
2. Fish oil
3. Tylenol is ok to take as needed for pain
4. Arnica Montana supplements can be taken as directed, beginning a few days prior to the procedure

POST PROCEDURE INSTRUCTIONS

After treatment, a slight swelling or bruising may occur. Sometimes, a slight depression or skin irregularity may appear at the insertion points. These typically disappear within a few weeks after treatment.

1. Take acetaminophen in case of pain
2. Apply cold packs immediately after the procedure if required
3. Sleep face up, elevated on pillows 2-4 nights
4. Wash, shave, and dry face gently without rubbing (5 days)
5. Apply makeup gently after 24 hours
6. Avoid facials or face down massages, facial aesthetic treatments, or Clarisonic (2-4 weeks)
7. Avoid sports, in particular high impact sports e.g. running/swimming for 2 weeks
8. Avoid dental work for 3-4 weeks
9. Avoid excessive facial movements for 2 weeks
10. Eat soft foods and avoid chewing gum for 1 week

Next appointment: _____

Patient Signature and Date: _____

Witness Signature and Date: _____