

## **Silhouette Threads Pre/Post Instructions**

### **Silhouette Pre-Treatment Instructions:**

1. Avoid aspirin and other blood thinners for at least 3 days prior to treatment.
2. Face must be thoroughly washed in office prior to treatment. Make-up must be completely removed.

### **Silhouette Post-Treatment Instructions:**

1. Apply cold packs immediately after procedure if required (should be wrapped to avoid direct contact with skin and insertion points).
2. Acetaminophen may be taken in case of pain (2-3 days).
3. Refrain from applying make-up for as long as possible. Make-up may be gently applied after a minimum of 24 hours.
4. Sleep face-up, elevated on pillows for 3-5 nights.
5. Do not rub face aggressively when washing, shaving, and drying face for 5 days; be gentle.
6. Avoid excessive neck and facial movements for 2 weeks.
7. Avoid participating in high impact sports (example: running) for 2 weeks.
8. Avoid exposure to direct sunlight and UV light for 2 weeks.
9. Do not use saunas for 3 weeks.
10. Avoid dental surgery for 3 weeks.
11. Avoid facial or face-down massages and facial aesthetic treatments for 4 weeks.

### **WHAT TO EXPECT AFTER TREATMENT**

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.