



INSTALIFT / PDO THREAD PREP INSTRUCTIONS

- Do Not take blood thinning medication such as ASPIRIN (Bufferin, or Baby Aspirin) or IBUPROFEN (Advil, Motrin, or Nuprin), NAPROXEN (Aleve) or Non-Steroidal Anti-Inflammatory Drugs (NSAIDS) similar to these medications, for 7 days before your treatment. If you are required to take any blood thinning medications or supplements on a daily basis, you should consult with your physician for clearance.
- Avoid vitamins or supplements that can increase bleeding, such as Fish oil, Turmeric, Vitamin E, Vitamin D, Ginger and Ginkgo Biloba for one week prior to your procedure.
- Do not drink alcohol for 2 days prior to the procedure, this might cause excessive bleeding and decreased resistance to infection. Please avoid red wine for 4 days before surgery in order to minimize bruising. If any medical conditions change or if there are any medications changes (added or discontinued), please notify the office prior to your scheduled appointment.
- Notify our provider of any allergies or intolerance to lidocaine, epinephrine, sodium bicarbonate, adhesive bandages, iodine, or chlorhexidine. The provider will discuss measures to keep you comfortable as possible during the procedure.
- Patients often describe a minimal and brief “bee sting” sensation while numbing the area. Your provider may inquire about your pain tolerance and take extra steps to ensure your level of discomfort is minimized.

Instalift Post-Procedure Instructions

- 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.
- 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). Avoid NSAIDS/supplements that may cause bleeding or bruising.
- 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.
- Arnica supplements (available in the office) are recommended to minimize bruising. Bromelain supplement can also reduce swelling and bruising.

Please call the office 727-319-6884 if you have any questions or concerns.

You may also text 727-205-1089 or email MoreInfo@livingYoungCenter.com if after hours.