

Instalift Aftercare Instructions

Thank you for choosing us for your Instalift treatment. Proper aftercare is essential to ensure safe healing and the best possible results. Please follow these instructions carefully:

What to Expect:

- Mild swelling, redness, or bruising at the treatment sites
- A sensation of tightness or lifting in the treated areas
- Some discomfort or soreness is common but typically mild
- Full results will be visible after 1–2 weeks as the lifting effect settles

Immediately After Treatment:

- Avoid touching, rubbing, or massaging the treated area
- Keep your head elevated for at least 4 hours
- Apply a cold compress gently if you experience swelling (no direct ice to the skin)
- Do not apply makeup for at least 4–6 hours after treatment

First 24 Hours:

- Avoid strenuous exercise, heavy sweating, and hot showers
- Sleep with your head elevated to reduce swelling
- Avoid alcohol or smoking to support healing
- Do not apply any skincare products or makeup to the treated area for at least 6 hours

Ongoing Care (Days 2-14):

- Continue to avoid touching or massaging the treated area
- Use gentle skincare products and avoid exfoliants or harsh treatments
- Protect the treated area from sun exposure with broad-spectrum SPF 30 or higher
- Avoid facial treatments (such as lasers, microneedling, or chemical peels) for at least 2 weeks

When to Contact Us:

Please reach out immediately if you experience:

ShimChing MD

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- Severe swelling, redness, or pain after the first 48 hours
- Signs of infection such as warmth, pus, or fever
- Any noticeable asymmetry, discomfort, or changes in the treated area
- Sudden changes in skin color or texture

Additional Tips:

- Be patient — the full results of your treatment will gradually become apparent over the first few weeks
- Avoid sleeping on your face or in positions that put pressure on the treated area
- Follow your treatment plan for optimal results and consider follow-up treatments if recommended

If you have any questions or experience any unusual symptoms, please contact us at 808.585.8855. Thank you for trusting us with your care!