

## Guidelines for invasive procedure aftercare

### *Silhouette lift/ Thread lift*

Stay in the hospital	1 day
Initial follow-up visit	On the 2nd week
Next mandatory visit	On the 3rd month
You may wash the head area	On the 5th day
You may wear make-up	After 1 week
You must wear a support bandage	2 weeks
May go to work	After 1-2 weeks
Swelling and bruising appear	For 2 weeks
Avoid physically hard work	5 weeks
Avoid sexual relations	1 month
The sutures will be removed	On the 14th day
Forbidden to smoke	1 month
May go to sauna	After 1 month
Decrease of sensitivity in tissue may manifest	For 1-2 week
Outcome can be evaluated	After 3 months
Protect skin from UV radiation	For 1 year