

## TrueLift After Care

### After treatment:

- You may shower your body, but do not wash your face for first 3 days.  
可以洗澡，但前三天不要洗脸。
- Apply ointment (Mupirocin) twice a day, for the first 3 days. Apply Band-Aids as directed.  
前三天每天涂抹 2 次消炎药膏（Mupirocin）。如有需要，请按照指示使用创可贴
- Take medication as prescribed. 按照医生的处方服药。
- While sleeping, keep your head elevated at a 30-degree angle for the first 48 hours.  
前 48 小时睡觉时，将头部抬高 30 度。
- Avoid aggressive chewing or wide opening of the mouth for 1 week.  
第一周不要用力咀嚼或张大嘴巴。
- Keep the face wrap on as much as possible, even while sleeping.  
尽量保持面部包扎状态，即使在睡觉时也不要取下。
- No dental work for 6 weeks after the procedure. 术后六周内不要进行任何牙科治疗。
- Sensitivity, irritation, bruising, and bumps may occur after the procedure. These will gradually fade. 术后可能会出现敏感、不适、淤青或肿块，这些症状会逐渐消失。
- No saunas, hot tubs, or workouts for 3 days after the procedure.  
术后 3 天内不要使用桑拿房、热水浴或进行剧烈运动。

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**\*\* If you had a (sideburn lift with staples), DO NOT wash your hair for 7 days after treatment. \*\***

**\*\* 如果进行了鬓角提升（使用订书针固定），治疗后 7 天内不要洗头。 \*\***

**Follow up in the office in 2 weeks to remove staples.**

**两周后到诊所复查，拆除订书针固定**

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**Contact our office at (909)590-2299 if any issues arise (i.e., fever, excessive swelling, bleeding).**

**Dr. Farzaneh after hours (909) 560-6463 如果出现任何问题（如发烧、肿胀过度、出血），请联系我们的办公室 电话: (909) 590-2299。非工作时间联系法尔扎内医生，电话: (909) 560-6463**

**Description of Procedure:** The instant lift procedure involves the placement of a specific absorbable suture material that incorporates cone technology to grip the skin within the subcutaneous (superficial fatty layer) thereby creating anchor points to lift and tighten a specific area of skin. The procedure itself involves the use of small amounts of injectable anesthesia, the use of a needle to make small holes (self healing) in the skin and the placement of the InstaLift sutures in the subcutaneous level of the skin. The skin is then guided over the suture material to attain a lifting effect. The suture material is not permanent and will be absorbed by the body over a period. This is an off-label use of an FDA cleared device.

**铃铛线治疗的操作描述：**铃铛线提拉手术是放置一种特定的可吸收缝线材料在治疗区域，该材料 采用锥形技术将皮肤固定在皮下层（表浅脂肪层）内，从而形成锚点来提升和收紧特定的皮肤区 域。该治疗过程会注射少量麻醉剂，用针头在皮肤上制造小孔（会自愈），并在皮肤的皮下水平 放置提升缝线（铃铛线）。然后将皮肤引导到缝线材料上，以达到提升的效果。缝线材料不是永 久性的，将在一段时间内被身体吸收。铃铛线是经 FDA 认证的材料，治疗不是。

**Expectation of Results:** The expected benefit of the procedure is the temporary improvements of the appearance of the skin laxity in the area of treatment. I understand that no guarantees are being made either in the degree of improvement or the duration of any improvement. It is also possible that no improvement will be attained. I understand that no representation as to the final outcome of the procedure have been made and no one can guarantee my satisfaction with the procedure.

**手术预期效果：**该治疗预期效果为暂时改善治疗区域皮肤松弛的外观。我理解并接受，无论改善 程度还是持续时间，诊所均无法给予任何保证。且可能会出现治疗后无改善的情况。我理解并接 受，没有任何人对治疗的最终结果作出保证，也无法保证我对该治疗结果的满意程度。

**Risks of the Procedure:** I understand that all procedures have risks and there are specific risks associated with this procedure. All patients treated will have swelling and the vast majority will have some bruising as well as a small amount of pinpoint bleeding. These are expected. I understand that bruising, swelling and pinpoint bleeding generally can last a few days, but may last significantly longer. Other possible side effects include, but are not limited to: discomfort, infection, bleeding, damage to deeper structures including but not limited to nerves and blood vessels, numbness in the treatment area or adjacent areas, allergic reactions, scarring (including hypertrophic or Keloid), risks linked to local anesthesia, pigment changes, partial laxity correction, rippling or dimple formation, asymmetry, bumps, or nodules, redness and/or visible thread some or all of which may requires additional treatment and/or the removal of the product and/or may be permanent. Additional procedures will incur costs.

**手术风险：**我明白所有手术都有风险，并且这种手术有特定的风险。接受治疗的患者都会出现肿 胀，大多数人也会有一些淤血以及少量针尖点状出血。这些是预期会发生的。我知道淤血、肿胀 和针尖点状出血通常会持续几天，但可能会持续更长时间。其他可能的副作用包括但不限于：疼 痛、感染、出血、对更深层结构组织（包括但不限于神经和血管）的损伤、治疗区域或相邻区域 的麻木、过敏反应、瘢痕（包括肥厚或瘢痕疙瘩）、与局部麻醉有关的风险、色素变化、只矫正 部分松弛、波浪状或酒窝凹陷形成、不对称、肿块或结节、红斑和/或