

Sculptra

PRE & POST CARE

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BEFORE

- For optimal results and to minimize the chance of bleeding or bruising at the injection site, please **avoid** all blood-thinning medications and supplements for one week prior to your appointment. Avoid over the counter medication such as Aspirin, Motrin, Ibuprofen, and Aleve. Also avoid herbal supplements such as garlic, Vitamin E, Ginkgo Blob, St. John's Wort, and Omega-3 capsules. If you have cardiovascular history, please check with your doctor prior to stopping the use of Aspirin.

Avoid topical products such as Tretinoin (Retin-A)

- retinols, retinoids, glycolic acid, alpha hydroxy acid, or any "anti-aging" products for two days before and after treatment.
- **Do not drink alcoholic** beverages 2 weeks before treatment or 2 days after your treatment to avoid excess bruising.
- **Do not use** Sculptra if you are **pregnant or breastfeeding**, allergic to any of their ingredients or have a skin infection or cold sore at the planned injection site.

You may take Arnica tablets 2-3 days prior to your

- injection (and after) to reduce the risk-of bruising. If you are prone to **cold sores**, you should start taking Valtrex or another prescription antiviral medication 2-3 days before getting treatment.

Arrive 20 minutes early to numb the area being treated.

REMEMBER

- The results from Sculptra are not immediate. **Full results appear up to 3 months** after treatment. 1 vial per decade of life is suggested. For example, if a patient is 42 they will initially do 4 vials at 1 appointment or 2 vials at each appointment 4 weeks apart.
- Wait to repeat treatment at least 3 months and do 1 vial each year for maintenance every year after.
- Redness, tingling, jaw tightness, and some swelling is typical for the first 24 hours. You can apply ice for 30 minutes at night. You may use Tylenol (acetaminophen) for headache, tenderness, or discomfort.

AFTER

- Massage the treated area for **5 minutes, 5 times** per day for **5 days** after your treatment. This will prevent nodule formation and will help distribute product evenly in treated area.
- **Avoid** strenuous exercise for 24 hours and exposure to extensive sun, UV lamps, indoor tanning beds, or extreme heat/temperatures for 72 hours.
- **Avoid** consuming excessive amounts of alcohol or salts to avoid excessive swelling.
- **Avoid** laser, IPL, or skin tightening treatments of the area for at least 2-3 weeks.
- **Stay** in upright position for the first few hours after treatment and try to sleep face up and slightly elevated if you experience swelling. You may apply Arnica topically as well as take oral Arnica tablets to help decrease the amount of bruising. You can: apply sunscreen, wear light makeup if necessary one hour after treatment



REMEMBER THE
RULE OF 5

MASSAGE THE TREATED AREA ACCORDING TO THIS SCHEDULE:

5 minutes + **5** times per day + **5** days continuously

