

SCULPTRA

PRE AND POST CARE

PRE-TREATMENT CARE:

- Do NOT take aspirin, Motrin, ibuprofen, Naproxen, Aleve, Vitamin E, Gingko Biloba, fish oil, St. John's Wort, garlic pills, or other anti-inflammatory medications for 1-2 weeks before treatment, as these medications can increase the risk of bruising and bleeding.
- Do not discontinue prescribed blood thinners without the consent of your prescribing physician.
- Avoid alcohol, caffeine, spicy foods, and smoking 24 hours before and 24 hours after your Sculptra treatment to minimize bruising.
- Tylenol is recommended for mild pain or headaches.
- Over-the-counter Arnica supplements are known to reduce bruising, so consider taking them 3-5 days before your treatment.
- Ensure that your nurse or physician knows of any previous medication allergies, anaphylaxis, or other medical problems.
- Ideally, schedule the procedure four weeks before a significant event.

POST-TREATMENT CARE:

- Massage the treated areas five times daily for about 5 minutes each session for five days after treatment. This is required and will improve your results.
- Avoid alcohol and caffeine.
- Apply ice packs gently to the treated areas for about 3-5 minutes several times on the treatment day.
- You can wear makeup the following day.
- The treated areas may be red, swollen, and bruised for the first 2-7 days.
- Avoid getting facials or massages for two weeks after your filler procedure.
- Refrain from strenuous workouts and alcohol consumption for 24 hours if possible.
- If bruising occurs, continue Arnica supplements, apply topical Arnica gel, consume fresh pineapple juice, and take Bromelain supplements.
- You can cover bruising with makeup, such as Dermablend or Colorescience Corrective Palette.
- A few days after treatment, you will revert to your appearance before treatment. This is normal, as Sculptra will replace lost collagen over time, and you will begin to see changes.

FOLLOW-UP TREATMENT:

- Schedule follow-up treatments 4-6 weeks later.
- Visible results may only be apparent after 2-3 completed sessions.
- Results can last more than two years.
- Initial treatment may require 2-3 vials, followed by 1-2 vials for subsequent treatments if necessary.