

Sculptra

PRE-CARE

- If possible, avoid Aspirin, Motrin, Ibuprofen, Naproxen, Aleve, Vitamin E, fish oil, St. John's Wort, garlic pills, or other anti-inflammatory medications as they can increase the risk of bruising. For mild pain or headaches Tylenol is preferred.
- Consider taking over the counter Arnica supplements (available at most supplement stores, Whole Foods, etc) starting 3-5 days before your treatment as they have been shown to decrease bruising.
- Inform us if you have a history of medication allergies or anaphylaxis, and any other medical problems that we should be aware of.

POST-CARE

- For the next **5 days** massage the treated areas for **5 minutes/ 5 times a day**.
- Hold ice packs on the treated areas for about 3-5 minutes a few times on treatment day.
- Feel free to wear makeup a few hours after.
- Treated areas may be red, swollen, and possibly bruised for the first 2-7 days.
- No facials or massages for 2 weeks after your Sculptra procedure.
- Avoid strenuous workouts and alcohol for 24 hours if possible.
- If bruising occurs, continue Arnica supplements, and use Alastin's Inhance Post-Injection Serum.
- Bruising can be covered with makeup.
- Sculptra will replace lost collagen over time. Once any initial swelling subsides you will look like you did prior to your treatment, this is normal as Sculptra needs time to work.
- Treatments in a series should be scheduled six weeks apart.
- Visible results may not be seen until 3 sessions have been completed.
- Results can last more than two years.