Sculptra Pre and Post Care Instructions

What To Expect

Sculptra works by stimulating your body's own ability to produce collagen. This improves skin quality and integrity, giving the skin a more youthful and revitalized appearance, known as the "Sculptra glow". Sculptra is typically placed using a canula, decreasing the number of injection points to the face. It is a relatively painless procedure, with minimal to no downtime. However, as with any injectable, there is always a risk for bruising. Sculptra is done in a series of three treatments, typically 5-7 weeks apart.

Please review the following considerations to ensure optimal results from your treatment:

Pre-Treatment

- Avoid the use of Aspirin, NSAIDS, Ginko Biloba, Garlic Supplements, Green Tea, Flax Oil, Cod Liver Oil, Vitamins A and E, and essential fatty acids for up to 1-week pre and post injection as they will increase your risk of bruising.
- We recommend not drinking alcoholic beverages 24 hours before your treatment, as this increases the risk of bruising.

Post Treatment

- Mild redness and swelling immediately after the procedure is normal.
- Some patients may experience bruising, this is normal.
- It is normal for patients to feel sore/tender post treatment. If needed, you may take Acetaminophen/Tylenol for discomfort if deemed safe based on your medical history.
- Follow the three 5's- massage the area 5 times a day, 5 minutes each time, for 5 days post treatment.
- Avoid strenuous exercise for 24 hours to reduce the risk of bruising. You may resume other normal activities/routines immediately.
- Consult your provider before receiving laser treatments if within 1-2 weeks of your treatment, as some lasers are not safe in this timeframe.
- You may feel "firmness" in the treated area(s) for 1 to 2 weeks after treatment. Over time, the area(s) will soften and "settle".

Precautions

- Patients who are pregnant or nursing should not receive this treatment.
- Patients with auto-immune disorders must have a thorough assessment and clearance from your provider prior to receiving a Sculptra treatment.

Please call AND text the office if you experience any of the following symptoms:

- Significant pain that is not relieved by Tylenol.
- Severe or increasing swelling/bruising that persists longer than a week.
- Discoloration of the skin including paleness.

Date *

MM/DD/YYYY

Signature *