

## Sculptra Treatment Instructions

### Pre-Treatment Instructions

Please stop the following medications 7 days before your procedure to reduce the risk of bruising:

- Advil
- Ibuprofen
- Fish Oil
- Motrin
- Aspirin
- Vitamin E
- Arnica Montana Instructions (15c)
  - 5 pellets twice daily for 3 days prior to procedure if possible
  - 5 pellets every hour for first 4-5 hours after procedure
  - 5 pellets every 2-3 hours 1<sup>st</sup> day after procedure
  - 5 pellets three times a day 2<sup>nd</sup> day after procedure

### Post-Treatment Instructions

#### What to Expect

- Massage the treated area for 5 minutes, 5 times per day for 5 days after your treatment
- For the first 24 hours after your treatment, apply ice packs to the treated area to reduce swelling
- Temporary, minimal to moderate swelling may be expected related to the area's treated and the amount of product used
- You may begin wearing makeup once you have adequately iced the area/ and any pinpoint bleeding from the injection site has subsided
- AVOID strenuous exercise or activity for the remainder of the treatment day
- AVOID drinking alcohol for a minimum of 12 hours as this may contribute to bruising and /or swelling
- It may be normal to experience some tenderness at the treatment site that can last for 3-7 days
- You may take acetaminophen/Tylenol if you do experience any mild tenderness or discomfort. AVOID aspirin or ibuprofen products as they may increase your potential to bruise.
- A few days after treatment, you may look as you did before treatment. This is normal and temporary
- Sculptra works gradually to replace lost collagen. Full results are expected 3 months after the last injection session is completed. (2-4 sessions are average)

#### Filler/Laser and Sculptra

- If HA filler is present in area to be injected with Sculptra, wait 6 months
- If using HA filler AFTER Sculptra, wait 1 month if in same area
- Wait 2 weeks after Sculptra for laser/light procedures