

# SCULPTRA®

## Treatment Instructions

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### SCULPTRA® PRE TREATMENT INSTRUCTIONS

#### TWO WEEKS BEFORE INJECTIONS

- **Foods and Medications to Avoid.** Two weeks before your appointment try to avoid nuts, seeds, fish, fish oil, NSAIDs, supplements, and anything that prolongs bleeding. This will significantly help minimize bruising, bleeding and swelling.
- **Arnica Supplements.** You can start Arnica supplements a week prior to injection to help with post injection bruises. Arnica helps to speed up the fading away of bruises.
- **Medications and Supplements.** Talk to your primary care doctor or physician specialist. If you are on blood thinners you may need to stop these a few days to weeks prior to your treatment. Speak to your prescribing physician regarding the safety of stopping and restarting these medications. We do not recommend patients that are on life saving medications stop their medications in order to have any cosmetic procedures performed.
- **Prevention of Cold Sores:** Patients prone to cold sores will need to start a prophylaxis dose of an anti-viral medication prior to their injection treatment. Your physician provider will prescribe this medication prior to your treatment.

#### DAY OF INJECTIONS

- **Eat and drink before your treatment.** It is not uncommon for patients to “pass-out” or get lightheaded during their injection. Having a good blood sugar and being hydrated will make it less likely that you will feel queasy during your treatment.
- **Minimize make up and lotions.** Minimize make-up, in and around areas where you would like to get injections performed. Our medical assistants will remove your make-up prior to treatment. You can bring make-up with you to apply immediately after your treatment.
- **20 – 30 minutes of topical numbing recommended.** We recommend numbing cream application prior to dermal injections. The numbing cream needs 20 – 30 minutes to exert its full effect, hence we ask all our filler injection patients to come a little earlier to allow for the numbing time.
- **Reserve your next appointment.** Sculptra® injections are typically repeated in 4-6 weeks following the initial session. Most of our physician’s book out months ahead and we prefer

to never double book patients. We always recommend that you schedule your next appointment before leaving.

## SCULPTRA® POST TREATMENT INSTRUCTIONS

- **Sculptra® and Massaging - The Rule of 5s.** Massage the treated area for five minutes five times a day for five days after treatment.
- **Exercise.** Avoid strenuous exercise and heavy lifting for 24-48 hours to minimize swelling and bruising.
- **Ice Area.** Use a small bag of frozen peas in a sandwich bag or crushed ice to gently ice the area. No heavy ice bags. Ice for 20 minutes on and 20 minutes off. Continue the icing for 24-48 hours if possible. NEVER apply ice directly to skin and avoid firm pressure.
- **Skincare.** After your Sculptra® treatment do not schedule any harsh skin treatments such as chemical peels, micro-needling or light and laser therapies for 2-3 weeks.
- **Sun and UV Exposure.** When out in the sun wear large brimmed hats and sunscreen. Excessive sunlight and UV lamp exposure should be avoided until any initial swelling and redness go away.
- **Pineapples and Pineapple Juice.** Pineapples have natural anti-inflammatory properties to them that help to minimize swelling after injections. You may apply or take Arnica tablets to help decrease the amount of bruising.
- **Tylenol for Pain.** It is normal to experience some pain and sensitivity in the area of the injection. Most patients find that Tylenol can help relieve this post-injection pain. Avoid NSAIDs such as Motrin and ibuprofen as these can make swelling and bruising worse.

## WHAT TO EXPECT

- **Bruising.** Bruises may last 1-2 weeks. Bruises can show up several days after your treatment. You can use a full coverage concealer, Neostrata, sold in our office or the Cover Fx brand from Sephora.
- **Swelling.** Swelling may not always be even from side to side depending on pre-existing facial asymmetries, volume of Sculptra® injected and bleeding at each injection site. Initial swelling takes 2 weeks to settle. Swelling will be worse the first 24-48 hours. Sleeping propped up and icing can minimize this side effect.

- **Asymmetry.** Asymmetry is usually related to swelling and volume of Sculptra® injected. Any asymmetries with collagen production will not be evident for 4–6 weeks. Please keep in mind that once you start to analyze your face it is not rare to start to “notice” new asymmetries that have been there your entire life.
- **Papules (lumps and bumps).** The feeling of tiny subcutaneous bumps that are usually not visible, but can be felt when pressing on the skin are normal and will resolve with time. Visible nodules with redness or potential color changes to the skin should be reported to your physician
- **Initial Subtle Results.** Sculptra® results will become evident at 4-6 weeks after injection treatment since they rely on the body’s own production of collagen. Any initial post-treatment volume gains are most likely due to the Sculptra® solution as well as swelling. Anywhere from 1- 4 treatment sessions may be recommended in order to achieve final results. Your provider will always be conservative with your initial treatment and reassess the need for more Sculptra® at your follow-up visit.

## **WHEN TO CONTACT US**

- Suspected hypersensitivity or allergic reactions.
- Cold sore or herpes simplex virus outbreak.
- Injection site nodules requiring steroid treatment or in rare cases surgical removal.
- Signs of infection: fever, warmth and redness.
- Signs of Intra-vascular injection: loss of skin sensation or ability to move parts of the face.