



THE NADERI CENTER
PLASTIC SURGERY & DERMATOLOGY

Sculptra®

Collagen Stimulator Injections · Treatment Instructions

Having more than one treatment? Follow the more cautious instruction. Always follow The Naderi Center's instructions rather than advice from friends, family, or online research.

TWO WEEKS BEFORE YOUR INJECTIONS

THE NADERI ANTI-BLEEDING, ANTI-BRUIISING DIET

Start 2 weeks before your injections.

What you eat and take makes a big difference in how much you bleed and bruise. Most people think, "I eat healthy, so I'm fine," but healthy foods are often the ones that cause bleeding: **nuts, seeds, fish, fish oil, vitamin D, NSAID pain medications such as ibuprofen, and supplements, especially herbal supplements.** Many other ingredients in today's foods, drinks, vitamins, and supplements do the same. **Scan the code for the full list.**



Full list

Fresh pineapple, including the center core, and pineapple juice are fine before and after, and they help. Start Arnica and bromelain supplements after your injections, not before.

- **Medications and supplements.** Talk to your primary care doctor or specialist. If you are on blood thinners, you may need to stop them a few days to weeks before your treatment. Speak to your prescribing physician about the safety of stopping and restarting these medications. We do not recommend that patients on life-saving medications stop them in order to have any cosmetic procedure.
- **Cold sores.** If you are prone to cold sores, you will need to start a preventive dose of an antiviral medication before your injections. Your physician will prescribe it before your treatment.

DAY OF YOUR INJECTIONS

- **Eat and drink before your treatment.** It is not uncommon for patients to pass out or feel lightheaded during injections. Good blood sugar and hydration make it less likely that you will feel queasy during your treatment.
- **Dress comfortably, cool, and in layers.** Wear something you can take off if you get warm. Patients who feel too warm are more likely to feel lightheaded or faint during injections.
- **Minimize makeup and lotions** in and around the areas to be injected. Our medical assistants will remove your makeup before treatment. You can bring makeup to apply right after your treatment.
- **Topical numbing: 20–30 minutes.** We recommend numbing cream before injections. It needs a good 20–30 minutes to take full effect. We ask injection patients to come a little early to allow time for numbing.
- **Reserve your next appointment.** Sculptra® injections are typically repeated 4–6 weeks after the first session. Our physicians often book out months ahead, and we prefer never to double-book patients, so we always recommend scheduling your next appointment before you leave.

INJECTION SAFETY

RARE BUT SERIOUS: A BLOCKED BLOOD VESSEL

Rarely, filler can block a blood vessel (vascular occlusion). It needs treatment right away; left untreated, it can damage the skin and, very rarely, cause blindness. Ordinary bruising is expected and is not a reason to worry.

The warning signs are different: extreme pain, an area that is cool or cold to the touch, a bruise with an unusual or dusky (gray-blue) color, or any change in your vision. If you notice any of these, take a clear photo, email it to Staff@NaderiCenter.com right away, and call the office. Do not rely on email alone; a message sent on a Friday afternoon, for example, could be missed. **Any change in vision is an emergency: call 911.**

AFTER YOUR INJECTIONS

- **Massage: the rule of 5s.** Massage the treated area for 5 minutes, 5 times a day, for 5 days after treatment.
- **Exercise.** Avoid strenuous exercise and heavy lifting for 24–48 hours to minimize swelling and bruising.
- **Ice.** Use a small bag of frozen peas or crushed ice in a sandwich bag to gently ice the area. No heavy ice bags. Ice for 20 minutes on and 20 minutes off, and continue for 24–48 hours if possible. **Never apply ice directly to the skin,** and avoid firm pressure.
- **Skincare.** Do not schedule harsh skin treatments, such as chemical peels, microneedling, or light and laser treatments, for 2–3 weeks.
- **Sun and UV exposure.** Wear a wide-brimmed hat and sunscreen in the sun. Avoid excessive sunlight and UV lamps until any initial swelling and redness are gone.
- **Arnica and bromelain.** Start Arnica and bromelain supplements after your injections, not before. They help bruising and swelling fade faster.
- **Pineapple.** Eat pineapple, including the center core, and drink pineapple juice. Pineapple has natural anti-inflammatory properties that help minimize swelling after injections.
- **Tylenol for pain.** Some pain and sensitivity in the injected area is normal. Most patients find Tylenol relieves it. Avoid NSAIDs such as Motrin and ibuprofen; they can make swelling and bruising worse.

WHAT TO EXPECT

- **Bruising.** Bruises usually last 1–2 weeks, sometimes longer, and can show up several days later. A full-coverage concealer can usually cover them.
- **Swelling.** Swelling may not be even from side to side, depending on existing facial asymmetry, the amount of Sculptra® injected, and bleeding at each injection site. It is worse for the first 24–48 hours, and initial swelling takes 2 weeks to settle. Sleeping propped up and icing help.

NO FACE IS PERFECTLY SYMMETRIC

Nobody walks into our office symmetric, and nobody walks out symmetric. Nothing on the human face, not the cheeks, the lips, or the eyes, is ever perfectly symmetric, so **do not expect perfect symmetry.** Early asymmetry is usually related to swelling and the amount of Sculptra® injected, and any asymmetry in collagen production will not show for 4–6 weeks. Once you start analyzing your face, it is common to notice asymmetries that have been there your entire life.

- **Papules (tiny bumps).** Tiny bumps under the skin that you can feel when you press, but usually cannot see, are normal and resolve with time. Report any visible nodules, redness, or change in skin color to your physician.
- **Subtle results at first.** Sculptra® relies on your body's own collagen production. You can start to see results at 4–6 weeks, but it can take up to 6 months for them to mature and finalize. Any volume you see right after treatment is mostly the Sculptra® solution and swelling. Most patients need a series of 3 to 6 sessions to reach their final result; one session is not enough. Your provider will always be conservative with your first treatment and reassess at your follow-up visit.

If you are ever unsure, our team is always available. Take a few clear, well-lit photos and email them to Staff@NaderiCenter.com. For anything more urgent, please call the office so we get your message quickly.

CALL US RIGHT AWAY IF YOU HAVE

- Extreme pain, an area that is cool or cold to the touch, or a bruise with an unusual or dusky color (send a photo and call)
- Suspected hypersensitivity or an allergic reaction
- A cold sore (herpes simplex) outbreak
- Injection-site nodules, which may need steroid treatment or, rarely, surgical removal
- Fever over 101°F
- Rapidly increasing or severe swelling
- Worsening pain not improving with medication
- Increasing redness, warmth, pus, or concerning drainage
- Rash, severe itching, or blisters (possible medication reaction)

CALL 911 IMMEDIATELY FOR

- Chest pain
- Shortness of breath
- Excessive bleeding
- Any change in vision after injections

REACH US

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