

B.TOX.BAR.

Sculptra Pre & Post Treatment Instructions

About Sculptra

Sculptra is a collagen-stimulating injectable treatment that helps gradually restore facial volume by encouraging the body's natural collagen production. It is commonly used to address areas with volume loss, such as deep facial wrinkles and folds, providing a more youthful and natural appearance over time.

Sculptra requires a series of treatments to achieve adequate filling. You may need anywhere from 2-6 sessions at 6-8 week intervals to achieve the best result. The volume of Sculptra injected at each session is entirely dependent on the age of the patient and the size of the area being corrected. Single treatments every 6 months will be recommended for maintenance. Follow-up treatments are necessary for the desired results. Clinical results will vary per patient. The effect of Sculptra is slow and gradual, as your skin forms collagen. The best results are seen about 3 months after completing your last treatment.

Before Your Treatment

Avoid agents that increase the risk of bruising 1 week prior to treatment and 2 days after:

- Aspirin, ibuprofen (Advil, Aleve, Motrin, Naprosyn), Excedrin, St. John's wort, Vitamin E, fish oil, omega-3s, ginkgo biloba, ginseng
- Do NOT stop any medications that were prescribed by your doctor and are medically necessary to take.
- Avoid drinking alcohol 24 hours before your treatment to minimize the risk of bruising.
- To minimize bruising take arnica or bromelain up to 1 week prior to and 1 week after treatment or until the bruising fades.
- Avoid any dental work 2 weeks before and after treatment.

Please let us know if you have a history of abnormal healing, scarring, or are allergic to lidocaine.

We will be cleaning your face and removing any makeup in the area before treatment. It would be easiest if you are able to come without any makeup prior to your appointment.

Plan for this procedure well before (at least 2-4 weeks) any special events or functions.

B.TOX.BAR.

Sculptra Pre & Post Treatment Instructions

What to Expect After the Treatment

- Immediately after treatment, you will experience swelling for 1-4 days before returning to baseline.
- Some redness and swelling are expected. Tenderness can also be expected for about 1 week.
- Bruising is possible and can last up to 1-2 weeks. Arnica cream/gel can be applied 3-5 times a day to reduce bruising.
- Applying intermittent cold compresses or ice (for 2-5 minutes at a time) to the treatment areas during the first 24 hours may reduce swelling and bruising.
- Some people may develop nodules. Most resolve within a month. If the nodules persist, please schedule a follow-up appointment.
- If you notice a painful, red, warm or draining nodule, please contact the office and return to our office as soon as possible.
- If you notice any significant pain, tenderness or large areas of bruising or blanching please contact our office immediately.
- Small "bumps" that may or may not become visually apparent commonly form deep in the skin in the treated areas. This represents new collagen.

Things to Avoid After Treatment

- Wait at least 2 hours before applying makeup
- Avoid vigorous exercise for 48 hours
- Avoid alcohol for 24 hours to minimize bruising
- Avoid salty food (can cause more swelling)
- Avoid any dental work for 2 weeks after treatment

Post-Treatment Massage

Massage the treated areas 5 times a day, for 5 minutes, for 5 days after treatment