



Sculptra Pre and Post Treatment Instructions:

Pre-Treatment Considerations

- Schedule your collagen building (Sculptra, Juvederm, Restylane) at least 2-4 weeks prior to any special events (weddings, vacations, etc.) you may be attending.
 - Bruising and swelling are always possible with injectables and may be apparent in this 2-4 week time period.
 - Sculptra takes 3-6 months to see results.
- Reschedule your appointment at least 24 hours in advance if you are sick, have a cold, a cold sore is present or have a rash on the area to be injected.
- If you have a history of cold sores, let your provider know. Your provider may prescribe an anti-viral medication prior to treatment.
- Some patients become lightheaded during injectable treatments. Arriving for your appointment well-nourished and hydrated helps to decrease the chances of lightheadedness.
- Arrive for your appointment with clean skin when possible.

Two weeks prior to treatment:

- Avoid anti-inflammatory/blood thinning medications, if possible, for a period of 2 weeks before treatment. Medications and supplements such as aspirin, vitamin E, ginkgo biloba, ginseng, St. John's Wort, Omega 3/Fish Oil supplements, Ibuprofen, Motrin, Advil, Naproxen (Aleve) and other NSAIDS have a blood thinning effect and can increase the risk of bruising and swelling after injections.
 - If you have medical concerns or questions regarding the stopping of any of these medications or supplements, please consult with your prescribing physician.
- You may take Tylenol (acetaminophen) for any pain management you may need prior to your treatment.

Two days prior to treatment:

- Take Arnica to help with possible bruising and swelling.

One day prior to treatment:

- Eat fresh pineapple or take a bromelain supplement for anti-inflammatory benefits!
- Do NOT consume alcoholic beverages - especially red wine - at least 24 hours prior to treatment (alcohol may thin the blood and increase the risk of bruising)

Following treatment:

It is important that you follow these simple instructions in order to receive the best clinical outcome.

- **5-5-5 Rule:** Massage with lotion or Arnica cream for **five minutes, five times a day, for five days.**
- Temporary swelling and bruising may occur. Typically, this will subside within seven days.
- Avoid exercise for 24 hours after treatment.
- Mineral make-up and other skincare products may be applied after treatment. Our mineral make-up recommendation is ColoreScience.
- Take arnica as needed.

What to Expect:

- Sculptra is used to stimulate your own collagen and results are gradual. You may not see results for three-six months post treatment. This is normal.
- Three sessions of Sculptra, six weeks apart is a typical treatment plan recommended for optimal results.

Please call our office if you have any questions or concerns.