



212.366.4787 | www.beautyfixmedspa.com

SCULPTRA PRE- AND POST-CARE GUIDE

PRE-TREATMENT INSTRUCTIONS

Do not drink alcoholic beverages **24 hours** before (or after) your treatment.

You may take Arnica tablets **2-3 days** prior to your injection to reduce the risk of bruising. Arnica is available for sale at all BeautyFix clinics.

Do not apply products that are potentially irritating for **2 -3 days** before and after treatment (e.g., Tretinoin/Retin-A, Glycolic Acid, Benzoyl Peroxide, Hydroquinone, etc.)

Inform your BeautyFix provider if you have a history of cold sores to receive advice on antiviral therapy prior to treatment.

To reduce the risk of bruising, please note the items on this list and discontinue at least **3-7 days** before your appointment for injections: Aspirin/Baby Aspirin, Ibuprofen (Motrin, Advil, Aleve), St. John's Wort, Omega-3 fatty acids (Fish Oil), Vitamin E, Ginger, Ginkgo Biloba, Ginseng

PLEASE NOTE: If you have been prescribed Aspirin or any other prescription blood thinners, do not discontinue unless permitted by your prescribing physician.

WHAT TO EXPECT DURING TREATMENT

A topical anesthetic may be applied in the office before your scheduled appointment (please arrive early for numbing).

Arrive with a clean face and remove all make-up if the face is the area being treated.

You may experience a mild amount of tenderness or stinging during and following injection. Redness and swelling are normal. Some bruising may also be visible.

POST-TREATMENT INSTRUCTIONS

Ice the treated area (while avoiding firm pressure) on and off for **15 minutes at a time** on the day of treatment.

You may take Acetaminophen/Tylenol if you experience any mild tenderness/discomfort.



212.366.4787 | www.beautyfixmedspa.com

SCULPTRA PRE- AND POST-CARE GUIDE

You may take Arnica tablets after your injection to reduce the risk of bruising. Arnica oral capsules are available for sale at all BeautyFix clinics.

Avoid extended UV exposure until any redness/swelling has subsided. Apply SPF daily.

Avoid strenuous exercise for **24 hours** to reduce the potential for bruising. You may resume other normal activities/routines immediately.

Avoid laser, IPL, or skin tightening treatments of the treated area for at least **2-3 weeks**.

We want you to have a safe and exceptional experience at BeautyFix!

If you experience discomfort within 12 hours post-treatment, please call BeautyFix at 212-366-4787 or email us at customercare@beautyfixmedspa.com with your concerns.