

SCULPTRA

Pre-Treatment

- Prior to treatment please keep your face clean and do not apply makeup
- Wait at least 1 week after sun burns or laser treatments, such as IPL, laser hair, etc., or any chemical peels, microdermabrasion, or any other skin resurfacing treatments. The procedure will not be performed on sunburned, open, or irritated skin.
- Avoid any herbal supplements or NSAIDS for at least 72 hours prior to treatment. If you have been prescribed a blood thinner this treatment may not be right for you and we ask you to call our office.
- Avoid alcohol for at least 48 hours prior to treatment.
- If you have a current diagnosis of any autoimmune, blood disorder, cancer, or neurological disease then filler may not be recommended.
- If you have a history of cold sores or vesicle outbreaks on the face please call our office prior to your appointment for an antiviral prescription.
- Eat a well balanced meal and drink a full bottle of water within 1 hour of appointment to reduce dizzy spells or fainting.
- To reduce swelling you may take Pepcid 40 mg OTC and Zyrtec 10 mg OTC the night before your appointment and Pepcid 40 mg OTC the morning of your filler appointment.

Post-Treatment

- **Massage the areas 5 times a day, for 5 minutes each time, for 5 days after treatment** (the 5/5/5 rule)
- Ice gently on the treatment sites for 15 minutes 3 times a day while pain and swelling is present.
- You may take Acetaminophen/Tylenol if you experience any mild tenderness/discomfort, but ibuprofen (advil) and aspirin must be avoided to reduce bruising and bleeding risks.
- After treatment there will be moderate swelling and redness with possibility of bruising. These symptoms will resolve in about 7 days. You may apply or take Arnica to help decrease the amount of bruising
- Apply SPF, stay in the shade, and wear large hats when prolonged sun exposure will be present to extend the anti-aging results of the treatment.
- Avoid strenuous exercise for 24 hours to reduce bruising. You may resume normal daily activity immediately (grocery shopping, cooking, office work, etc.)
- Avoid laser, IPL, or skin tightening treatments of the area for at least 4 weeks
- Wearing makeup is not recommended for the 24 hours after injections
- You may gently wash your face after 12 hours of the injections with a gentle face cleanser and clean wash cloth. Do not allow anything to touch the treated areas that may hold a lot of bacteria for 24 hours.

- Avoid dermal filler for at least 8 weeks since Sculptra is still working to rebuild collagen and this may alter areas that need treatment.