



Preparing for your Sculptra Treatments

Before your appointment:

- Stop all medication that may cause bruising or bleeding at least one week prior to your appointment. These include Aspirin, Motrin, Advil and Ibuprofen, Aleve and Naproxen or Naprosyn. If you are on blood thinners **please let your Dr. know as soon as possible.**
- If you are interested in receiving a topical numbing cream that can help with some of the discomfort associated with the injections of Sculptra and other injectable products, let us know as soon as you can so we may order the product in time for your appointment.

On the day of your appointment:

- Wash your face and remove any makeup.

What to expect at the time of your appointment:

- Your Dr. will review the procedure sites with you, you will be reclined in our exam chair. Your Dr. will apply an antiseptic such as rubbing alcohol on the intended areas. The nurse will prepare the injections and will hand them to the doctor. You may feel small pinches at each injection site. You may also notice that you are beginning to feel a little “numb”. This is because the Sculptra is mixed with lidocaine, which also helps with discomfort. The effect may last about 2 hours after the procedure.

After your injections:

- Your Dr. or his assistant will massage the injection area using a lotion or ointment immediately after the injections are completed. You will need to massage the injection areas in a similar fashion using The Rule of Five: Massage the injected area 5 times per day for 5 minutes for 5 days. This will help you achieve the desired result and minimize the risk of complications.
- You will be given an ice pack to apply to the areas to help reduce the risk of swelling and bruising.

You may notice swelling, redness or bruising after the injections are completed, this will resolve in time from hours to a few days. You should avoid excessive sun exposure until this resolves. Other possible delayed side effects are small bumps under the skin at the injection sites. They may be palpable or visible and should resolve in time.