

I Wanna Be Pretty

Sculptra Protocol

1. Initial Consultation & Patient Assessment

- **Medical History:**
 - Screen for **allergies**, especially to poly-L-lactic acid or other components of the product.
 - Rule out **autoimmune disorders**, **history of keloids**, or **active skin infections**.
 - Ensure the patient is not pregnant or breastfeeding.
 - Discuss any **previous facial surgeries** or **recent dermal filler treatments**.
 - **Facial Assessment:**
 - Examine the face for **volume loss**, particularly in the cheeks, temples, nasolabial folds, and chin areas.
 - Assess the skin's **elasticity**, texture, and degree of sagging to ensure Sculptra is the appropriate treatment (it's ideal for moderate to severe volume loss).
 - Discuss **aesthetic goals**, expectations, and a treatment plan that aligns with patient desires.
 - **Informed Consent:**
 - Explain that Sculptra works by stimulating collagen over time and results are gradual, not immediate.
 - Discuss common **side effects** (e.g., swelling, bruising, lumps, and redness) and the **rare risk** of **granulomas** (small nodules).
 - Obtain **signed consent**, making sure the patient fully understands the treatment process.
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2. Pre-Treatment Guidelines

- **Avoid Blood Thinners:**
 - Advise patients to avoid **aspirin**, **ibuprofen**, and **other blood thinners** for at least **48 hours** before treatment to reduce the risk of bruising.
 - Alcohol should also be avoided at least **24 hours** before the procedure.
- **Topical Anesthetic:**
 - Apply a **topical numbing cream** (such as lidocaine) to the treatment area **15–20 minutes** before injection to minimize discomfort.
- **Skin Preparation:**
 - Cleanse the face thoroughly using an antiseptic solution (e.g., **chlorhexidine** or **alcohol**).

3. Injection Technique

- **Preparation of Sculptra:**
 - Reconstitute **Sculptra Aesthetic** with sterile water before injecting. The manufacturer typically recommends a **8 mL dilution per vial** start with 3 cc of sterile water mix for 1 minute then add 5 ml sterile water mix until cloudy.
 - 1 ml of lidocaine within 1 hour of treatment needs to be added to dilution for patient comfort.
 - Ensure that the solution is thoroughly mixed to prevent clumping and uneven injection.
- **Injection Areas:**

Sculptra is often used for:

 - **Midface (cheeks)** for volumization.
 - **Temples** for restoration of volume loss.
 - **Chin and jawline** areas to restore contour.
 - **Nasolabial folds** and **marionette lines**.
- **Injection Technique:**
 - Use a **fine gauge needle** (typically 25–27 gauge) for injection.
 - Employ a **subcutaneous injection technique** (deeper than traditional dermal fillers) for better collagen stimulation.
 - **Inject in small boluses** of 0.1–0.2 mL at a time, and gently massage the treated area post-injection to prevent nodules and ensure even distribution.
 - **Avoid superficial injections** to reduce the risk of visible lumps.
 - **Massage after each bolus** to disperse the product and encourage even absorption.
- **Volume Per Session:**
 - Typically, each treatment session requires **1–2 vials of Sculptra** (depending on the severity of volume loss).
 - **1–3 sessions** spaced about **4-6 weeks apart** are typically required to achieve optimal results. Some patients may need fewer sessions.

4. Post-Treatment Care

- **Massage the Treated Area:**
 - Advise the patient to massage the treated areas for **5 minutes, 5 times a day** for **5 days** after treatment. This helps distribute the product and prevent lumps or nodules.
- **Cold Compress:**
 - Apply **cold compresses** to the treated area for **15–20 minutes** after the treatment to reduce swelling and discomfort.
- **Avoid Pressure on Treated Areas:**
 - Advise the patient to avoid **tight clothing**, headbands, or anything that could place pressure on the treatment area for a few days post-treatment.

- **Avoid Strenuous Activity:**
 - Refrain from heavy exercise, saunas, or steam rooms for **24–48 hours** to minimize swelling and bruising.
 - **Sun Protection:**
 - Advise patients to protect the treated areas from direct sunlight and apply sunscreen regularly to avoid hyperpigmentation and irritation.
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5. Common Side Effects and Management

- **Swelling and Bruising:**
 - Common after the procedure but should resolve within a few days. Ice packs can help with swelling.
 - **Lumps or Nodules:**
 - Typically occur due to improper injection technique or lack of proper massage. If nodules persist, they can sometimes be treated with **hyaluronidase** (if not fully absorbed) or massage.
 - **Redness or Inflammation:**
 - May persist for several hours post-treatment, which should subside in a couple of days.
 - **Granulomas (Rare):**
 - If granulomas or hard lumps develop, **steroid injections** or other treatments may be necessary. Immediate follow-up is essential in these cases.
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6. Follow-Up and Touch-Up

- **Follow-Up Appointment:**
 - Schedule a follow-up visit **4–6 weeks** after the initial treatment to assess results.
 - Additional sessions may be required to build up volume gradually.
 - **Touch-Ups:**
 - A typical treatment plan includes **2–3 treatments**, but some patients may need more, especially if they have more significant volume loss.
 - If any areas appear underfilled, touch-up injections can be performed at this follow-up appointment.
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7. Documentation

- **Detailed Records:**
 - Record the total amount of Sculptra injected, areas treated, and any specific notes (e.g., any signs of complications, patient concerns, etc.).

- Document the patient's response to the initial treatment, including any swelling, bruising, or nodules that may require follow-up care.

8. Additional Considerations

- **Patient Education:**
 - Emphasize that the results of Sculptra are gradual and that it may take **3-6 months** for the full results to manifest as collagen stimulation takes time.
 - Remind the patient that maintenance treatments may be necessary **every 1-2 years** to sustain results.
- **Contraindications:**
 - **Active skin infections, severe allergies, and autoimmune diseases** are contraindications for Sculptra.
 - Do not use in **areas with active inflammation or scarring**.