



## Sculptra Instructions

### Pre-Sculptra instructions:

- **DO NOT** aspirin, motrin, ibuprofen, Vitamin E, ginkgo biloba, fish oil, St. John's Wort, garlic pills, or other anti-inflammatory medications for 1-2 weeks if okay with your primary physician as they can increase the risk of bruising. For mild pain or headaches Tylenol is preferred.
- You may have some bruising/swelling after the procedure. Over the counter Arnica supplements (available at The Derm Institute, most supplement stores, Whole Foods, etc) have been shown to decrease bruising if you want to take them starting 3 days before your treatment.
- **DO** inform your nurse or physician if you have a history of medication allergies, history of anaphylaxis, and any other medical problems.
- The ideal time to schedule this procedure is at LEAST 2 weeks before a big event.

### Post-Sculptra Instructions:

- **DO** massage the treated areas 5 times a day for about 5 minutes for 5 days after treatment. OR you can massage 2 times a day for 10 minutes for 2 weeks.
- **DO** hold ice packs on the treated areas gently for a few times that day.
- Feel free to wear makeup a few hours after.
- Treated areas may be red, swollen, and bruised for the first 2-5 days.
- **DO NOT** get a facial or massage for 1-2 weeks after your filler procedure.
- Avoid strenuous workouts and alcohol for 24 hours if possible.
- If bruising occurs, continue Arnica supplements, **DO** apply topical Arnica gel, drink fresh pineapple juice, and/or take Bromelain supplements to help bruising resolve faster.
- Bruising can be covered with makeup. i.e. Dermablend (CVS or Macy's).
- A few days after treatment, you will look as you did before treatment. This is normal, as Sculptra will gradually replace lost collagen.

### Follow-Up Treatment:

- Follow up treatments should be scheduled about every 4-6 weeks
- Visible results may not be seen until 3 sessions have been completed.
- Results can last more than two years

***We want you to have an outstanding result. If you have any questions or unexpected concerns, please call the office for assistance. A physician can always be reached after hours for urgent issues.***