



## Sculptra Treatment Instructions

### **Pre-Treatment**

- Avoid taking aspirin or other non-steroidal anti-inflammatory drugs such as Ibuprofen, Advil®, Motrin®, Nuprin®, Aleve®, Celebrex®, Fish oil, Ginko Biloba, St. John's Wort and high doses of vitamin E for 7-10 days prior to procedure, as these may cause increase risk of bleeding and bruising at the treated site(s). Regular multi-vitamin and Tylenol® is permitted (If not contraindicated).
  - If you're on blood thinning medications for a medical condition, please consult with your doctor before discontinuing.
- You may take Arnica tablets 2-3 days prior to your injection to reduce the risk of bruising (can be bought over the counter at most pharmacies)
- Avoid consuming alcohol 24h prior to your appointment.
- If you are pregnant, breastfeeding, or think you may be pregnant, please notify your provider prior to your appointment.

### **Post-Treatment**

- Avoid Ibuprofen, Advil or Motrin for 48h. Tylenol is acceptable to take if experiencing discomfort (if not contraindicated)
- Avoid strenuous exercise for 24h after treatment to help attenuate bruising.
- Tenderness at the injection site, bruising, and sometimes headaches are common after treatment. You can gently ice the area for comfort and swelling.
- Massage the areas 5 times a day, for 5 minutes each time, for 5 days after treatment to prevent nodule formation.
- The volume improvement seen immediately post-treatment WILL go away over 48-72h as the sterile water is absorbed.
- The collagen remodeling process begins after about 3-4 weeks, so you may begin to see results after 1 month or longer and results will continue to improve over 3-4months.
  - Repeat treatments at 4-6wk intervals are often needed to reach full correction. The number of treatments required will be determined by your provider's evaluation of your skin and volume loss.

**Your experience and satisfaction are incredibly important to us at Beauty FX. If you are ever unhappy with your treatment for any reason, please let us know so we can do our best to make it right.**