

PRE AND POST CARE INSTRUCTIONS FOR SCULPTRA

Sculptra is a biostimulator. We use it for creating structure and support at the periphery of the face. It can also be used on the face or body to help with skin quality.

Pre-Treatment Instructions:

- We avoid injecting sculptra when women are pregnant or breastfeeding.
- To minimize bruising, we suggest that you avoid blood-thinning medications and supplements for one week prior to your appointment. This includes:
 - Aspirin and ibuprofen (Tylenol is okay!). Please note: for those that take aspirin due to doctor's orders, please continue the medication.
 - Green tea, garlic, ginkgo biloba, Vit E, omega 3
 - Alcohol (sorry!)
- If possible, come to your appointment without makeup. Do apply your sunscreen.

Post-Treatment Instructions:

- We are neurotic about cleaning your skin during the procedure. Afterwards, you still have tiny holes from the needle entry. For this reason, we ask you to avoid applying makeup after your procedure. You can apply the following day. Also, sanitize your phone before resting it against your face.
 - A bit of tenderness is common after treatment. You may take Tylenol (up to 1 gram every six hours) for discomfort.
 - To reduce the risk of bruising after your procedure, avoid getting overheated (strenuous exercise, sauna, hot tub) for 2-3 days. Continue to avoid aspirin, ibuprofen, alcohol and blood-thinning supplements for a few days after treatment.
 - If you develop a bruise, we recommend arnica (oral or topical). We also offer complimentary bruise treatments at our 2920 office with our wonderful aestheticians.
 - Massage treated areas for five minutes, five times a day, for five days
- To promote collagen, take 500 mg of vitamin C or supplement with Juven, which contains vitamin C and additional building blocks that enhance collagen production (available at amazon and pharmacies).
- Remember that Sculptra treatments are done in a series. Your next treatment is typically scheduled 4-6 weeks after your previous treatment.