

After each treatment session with Sculptra Aesthetic there are a few easy things you will need to help with the treatment results. You can print out this instruction sheet and keep it handy so you remember to do these things every day:

Sculptra is a biostimulatory injectable that works gradually by stimulating your body's own collagen production. Adhering to specific pre- and post-treatment protocols is essential to minimize bruising and ensure the product distributes evenly for natural-looking results.

### **When to Call Your Provider**

While mild bruising, redness, and swelling are normal for up to 7–14 days, contact your provider immediately if you experience:

- Increasing pain or tenderness that does not respond to Tylenol.
- Signs of infection (fever, pus, or localized warmth).
- Any unusual skin discoloration (paleness, graying, or intense mottling).
- Lumps or nodules that do not resolve with massage after 1–2 weeks.

### **What you should know BEFORE your treatment with Sculptra Aesthetic:**

1. Sculptra is injected into the skin to soften creases and folds, support areas of volume loss, or contour specific facial areas.

2. Treatment with Sculptra Aesthetic is safest when your body is healthy. Immune reactions are an added risk when you have a history of:

- illness in the 4 weeks prior to treatment
- chronic immune dysfunction • vaccinations/booster shots, 4 weeks before scheduled treatment
- dental cleanings or work done by a dentist in the 4 weeks prior to treatment We request a minimum of four weeks before and after the above listed items when considering treatment with Sculptra.

Please plan your appointments accordingly and make sure to report this history to your provider prior to treatment with Sculptra. If the above information applies to you, your appointment will be rescheduled.

3. You may experience a mild to moderate amount of aching sensation post injection, especially over bony areas.

4. Bruising at the site of injection is a commonly reported side effect. To minimize the risk of bruising, please abstain from all blood thinners, aspirin, anti-inflammatory medication, Vitamin E, Green Tea and Fish Oil for a week before treatment. We also advise you to stop the consumption of alcohol and fatty fish for 2-3 days prior to your treatment. Check with your prescribing physician to ensure the safety of withdrawing this medication temporarily for cosmetic treatment.

5. If you have a history of facial cold sores, inform your provider to receive a prophylactic antiviral prescription (e.g., Valtrex).

6. Day of Treatment: Arrive with a clean, makeup-free face. Eating a light meal and hydrating well can help prevent lightheadedness.

7. Temporary swelling can be expected, which dissipates in the days following injections. Below you will find helpful ways of reducing the risk of bruising and swelling following your treatment.

**What you should know AFTER completion of your treatment with Sculptra:**

1. Massage the treated area for 5 minutes, 5 times per day for 5 days after your treatment.
2. It is very important that you minimize the risk of infection following your procedure. Do NOT apply makeup or ANY skincare products until the day after your treatment.
3. At the time of treatment with Sculptra, the puncture of the skin may lead to bruising and/or swelling. It may be recommended that you apply an ice pack immediately following treatment. Please ensure ice is always clean.
4. Skin will appear red in the areas of treatment. This usually subsides in the first 24 hours.
5. Post-procedure relief can be found with Arnica. You will be provided with a dose-pack of Arnica and instructions for use. Continue taking your Arnica capsules, as directed.
6. Avoid activities which may encourage vasodilatation the day of treatment. This includes heavy aerobic activity, hot showers/baths, and consumption of alcohol.
7. Sunbathing, or excessive UV exposure should be avoided until all redness/swelling have subsided.
8. Sculptra is a biostimulator. This means that you will not see results from your treatment for many weeks or months to come. Immediately following treatment, you will experience fullness that will subside within 48 hours. Multiple treatments are typically needed to obtain the fullest benefit from Sculptra.
9. Avoid dental procedures and immunizations for at least 4 weeks following your treatment.
10. Immediately report any worsening or persistent symptoms or side effects to your provider.

Your follow-up appointment is a very important time for us to meet. Please ensure that you plan to return to the office approximately 4-6 weeks following your injection date and avoid wearing makeup to this appointment.

Thank you for entrusting your care to me!

Your referrals are greatly appreciated.