PRE AND POST CARE INSTRUCTIONS
FOR SCULPTRA

Pre Care Instructions

- Avoid the use of Aspirin, NSAIDS, Ginko Biloba, Garlic Supplements, Green Tea, Flax Oil, Cod Liver Oil, Vitamins A and E, and essential fatty acids for up to 1 week pre and post injection as they will increase your risk of bruising.

- Do not drink alcoholic beverages 24 hours before (or after) your treatment to avoid extra bruising

- You may take Arnica tablets 2-3 days prior to your injection to reduce the risk of bruising

- Do not apply products that are potentially irritating for 2 -3 days before and after treatment (examples- tretinoin/retin-a, glycolic acid, benzoyl peroxide, hydroquinone)

- Inform your provider if you have a history of cold sores to receive advice on antiviral therapy prior to treatment

- Do not use the above stated if you are pregnant or breastfeeding or are allergic to any of its ingredients.

Day of Treatment

- Arrive with a clean face. Please do not wear makeup.

- You may experience a mild amount of tenderness or stinging during and following injection

- Redness and swelling are normal. Some bruising may also be visible. Tenderness is also anticipated for a few days

Post Care Instructions

- Ice (but avoid firm pressure) for 15 minutes 3 times the day of treatment

- You may take Acetaminophen/Tylenol if you experience any mild tenderness/discomfort

- Massage the areas 5 times a day, for 5 minutes each time, for 5 days after treatment

- After treatment there will be moderate swelling and redness with bruising. These symptoms will resolve in about 7-14 days. You may apply or take Arnica tablets to help decrease the amount of bruising

- Avoid extended UV exposure until any redness/swelling has subsided. Apply SPF.

- Avoid strenuous exercise for 24 hours to reduce bruising.

You may resume other normal activities/routines immediately

- Avoid laser, IPL, or skin tightening treatments of the area for at least 2-3 weeks

- You may continue your topical products as mentioned above 1 week after injection