

PRE/POST SCULPTRA INSTRUCTIONS

Sculptra is an injectable cosmetic filler that can be used to restore facial volume loss due to aging or illness. It contains poly-L-lactic acid (PLLA), a biocompatible synthetic substance that stimulates collagen production. It can be used to treat deep lines, creases, and folds to give a more youthful appearance with results that can last up to two years. You may notice immediate results, but it can take a few months to see the full results of your treatment. We will have you return to the office in 2 months for photos and possibly another treatment.

Please Follow this link to learn more about sculptra and View Before/After photos: <https://www.sculptrausa.com/before-after>

PRE-FILLER CHECKLIST

Please refrain from having the following procedures at least 2 weeks prior to your filler appointment or your appointment must be rescheduled.

- Dental work (e.g., cleanings, fillers, etc.)
- Vaccinations (incl. Covid 19, Flu shots, and Shingles)

Please inform us if you have had any of the following a week before your filler appointment; depending on the severity, you may need to reschedule your appointment.

- Cold or Flu
- Sinus Infection
- Aspirin, Ibuprofen or Fish Oil

PRE-FILLER INSTRUCTIONS

1. Avoid using aspirin, non-steroidal anti-inflammatory medications (e.g., Ibuprofen, Motrin, Aleve), St. John's Wort, Ginkgo Biloba, Vitamin E, or Fish Oil (Omega 3's) supplements for one week before treatment. These may increase the risk of bruising or bleeding at the injection site. Tylenol is okay to use if effective and tolerated.
2. Avoid Alcohol 24 hours before the appointment, and 24 hours after treatment.
3. Eat a small meal prior to your appointment time
4. Please Arrive to your appointment with a clean face - No makeup is preferred
5. Arnica pellets (available at our office) to help reduce bruising and swelling. The best way to begin Arnica is two days before your procedure. We recommend three (3) pellets under tongue every 8 hours. Avoid eating or drinking 15 minutes before and after taking pellets for best absorption. We offer Arnica in the office before your treatment and recommend you continue for two days after treatment.
6. Eat pineapple daily or take a bromelain supplement (available in the vitamin section at the health food store) starting one week before your treatment and continuing until your treatment is complete.
7. Please tell your doctor if you have experienced cold sores in the past. If injecting around the lips, medication may be prescribed or administered at the time of treatment to prevent a flare.
8. Do not FLY for 72 hours after treatment.
9. Do not have any dental procedures or receive any Vaccinations for Two weeks after treatment.

SCULPTRA POST CARE

1. There may be redness, swelling or bruising for approximately 24 hours or up to one week following your treatment (be sure you don't have special events planned for that time frame).
2. To reduce pain and swelling and bruising, apply cold compress 10 minutes every hour for a few hours on the day of treatment.
3. Massage the area in a swooping motion with mild pressure for 5 minutes 5 times a day for 5 days. Just remember 5 minutes, 5 times, 5 days.
4. If bruising is bothersome, Let our office know if you would like a complimentary laser treatment to help bruising subside quicker.
5. Take Arnica pills, 3 pills a day for 3 days post treatment.

***Please contact our office if you have any questions prior to or after your treatment.**