

Element

Medical Aesthetics

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SCULPTRA PRE + POST CARE

PRE TREATMENT INSTRUCTIONS

- Schedule at least 2 weeks prior to a special event.
- Do NOT schedule Sculptra appointments 2 weeks before or 2 weeks after vaccines or dental work.
- Do NOT schedule Sculptra appointments if you are on prednisone or other immunosuppressants.
- Avoid blood thinners and aspirin 2 weeks before treatment, only if approved by the prescriber.
- Avoid ibuprofen, naproxen, vitamin E, fish oil, and ginseng for a 5-7 days before treatment. (Tylenol can be taken for pain before treatment since it does not thin the blood.) Avoid drinking any alcohol for 1-2 days prior to injections.
- Bromelain (found in pineapple) and Arnica can be taken ahead of your appointment to reduce bruising and inflammation.
- Let your provider know if you have a history of cold sores.

POST TREATMENT INSTRUCTIONS

- DO massage the treated areas 5 times a day for about 5 minutes for 5 days after the injection. This will prevent nodule formation.
- Common side effects include swelling, bruising and tenderness.
- Because Sculptra injections are administered in a solution containing water, there will be an initial swelling that will be noticeable for several hours to several days. This effect is temporary.
- Small bumps under the skin, termed micro-nodules, which may be non-visible or visible, may be felt in the areas of treatment. Usually, these bumps may only be felt when pressing on the skin. Micro-nodules typically last from 6 to 12 months and may spontaneously disappear. They usually do not require treatment, and usually do not have any symptoms.

- Induration, or a feeling of fullness or thickness, can be felt in the injection area. This is a normal response of the treated tissue to the process of inflammation and neocollagenesis.
- Tylenol can be taken to relieve pain.
- Alcohol should be avoided for 24 hours after treatment to reduce bruising.
- Apply a cold compress to the treated area for 5-10 minutes as needed the first few days.

FOLLOW-UP TREATMENT

- Follow-up treatments should be scheduled about every 4-6 weeks.
- Visible results may not be seen up to 4 to 6 months post treatment series.
- After the initial series 1-2 vials recommended annually.
- Please contact us with any questions or concerns you may have.