

## **Sculptra; Pre Treatment Instructions**

- ✓ To reduce the chance of bruising, avoid the following for 2 weeks prior to your treatment, unless prescribed by a doctor:
  - Fish oil
  - Aspirin
  - NSAID Pain relievers – Ibuprofen/Naproxin (Tylenol OK)
  - Blood Thinners (get primary physician approval first)
  - Ginko Biloba/Ginseng/St. John's Wort
  - Vitamin E/Exotic or herbal supplements
- ✓ Do NOT consume alcoholic beverages at least 24 hours prior to treatment (alcohol may thin the blood and increase the risk of bruising).
- ✓ Schedule your filler appointment at least 2 weeks prior to a special event in which you may be attending, such as a wedding or vacation. Bruising and swelling may be apparent in that time period.
- ✓ Be sure to have a good meal, including food and water before treatment. This will decrease the chance of lightheadedness during your treatment.
- ✓ Please arrive without makeup.
- ✓ DO consider taking over the counter Arnica supplements (available at most supplement stores, CVS, Whole Foods, etc) starting 3-5 days before your treatment as they have been shown to decrease bruising.
- ✓ DO inform your nurse or physician if you have a history of medication allergies, history of anaphylaxis and any other medical problems.

**Follow up treatments should be scheduled about every 6 weeks. Visible results may not be seen until 3 sessions have been completed. Results can last more than two years.**

**If you have any questions or unexpected concerns please call RENEW: 781-821-0707**



## **Sculptra; Post Treatment Instructions**

- ✓ Massage the area 5 times a day, for 5 minutes each time, for 5 days after treatment.
- ✓ After treatment there will be moderate swelling and redness with possibility of bruising. These symptoms will resolve in about 7 days. You may apply or take Arnica tablets to help decrease the amount of bruising.
- ✓ You may take acetaminophen/Tylenol if you experience any mild tenderness or discomfort.
- ✓ Apply an ice pack or cold compress gently to the injection area (avoiding firm pressure) for 5-10 minutes 3 times on the day of treatment. Avoid putting ice directly on the skin.
- ✓ Apply SPF and avoid extended UV exposure until any redness/swelling has subsided.
- ✓ Avoid aspirin or ibuprofen products, vitamin E and fish oil, as they may increase your potential to bruise
- ✓ Avoid strenuous exercise or activity for 24 hours to reduce bruising. You may resume other normal activities/routines immediately.
- ✓ Do not apply make-up for up to 12 hours after your treatment.
- ✓ Remember that a few days after treatment you may look as you did before treatment. This is normal and temporary. Sculptra works to gradually replace lost collagen. Best results and full correction usually occur after several treatments.
- ✓ Avoid laser, IPL or skin tightening treatments of the area for at least 2-3 weeks.
- ✓ Report any worsening or longer-lasting signs or symptoms to our office.

**Follow up treatments should be scheduled about every 6 weeks. Visible results may not be seen until 3 sessions have been completed. Results can last more than two years.**

**Please call the office immediately and speak with your Injector if you experience any pain (tenderness is normal) or change in skin color, at or near the treatment site. RENEW 781-821-0707**

**On Call Number: Kristen C. 508-269-7714**

