

## SCULPTRA: Before and After Care

### PRE-PROCEDURE INSTRUCTIONS

- Avoid the use of Aspirin, NSAIDS, Ginko Biloba, Garlic Supplements, Green Tea, Flax Oil, Cod Liver Oil, Vitamins A & 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.

### DAY OF TREATMENT

Arrive with a clean face and no makeup if possible.

### POST-PROCEDURE EXPECTATIONS & RECOMMENDATIONS

#### What to expect?

Normal Responses:

- Redness, swelling and/or bruising in the treatment area immediately after injection treatment. Injection-related swelling typically resolves within a few hours to a few days.
- Side-effects commonly resulting from the injections include temporary bleeding from the needle stick, pain, localized redness, bruising, hematoma or edema, which generally resolve within 2-6 days.

### AFTER CARE

To achieve the best possible result from your treatment, follow these instructions carefully. If you have any question or problems that are not addressed here, call our clinic, and we'll be happy to help.

To help ensure optimal results with Sculptra, it is important that you comply with these aftercare instructions:

- ⇒ Have an ice pack ready: Apply ice (in a clean washcloth or an ice pack) to the treated area intermittently after treatment to minimize swelling and/or bruising. Avoid direct contact of the ice with the skin.
- ⇒ Give yourself facial massages: Thoroughly massage the treated area in a circular fashion for 5 minutes, 5 times per day for 5 days after each treatment session ("the rule of five"). This will help provide an even distribution of Sculptra to promote a natural-looking correction. Use a moisturizing cream to help reduce the friction on the skin surface during massage.
- ⇒ If bruising occurs, continue Arnica supplements, DO apply topical Arnica gel, drink fresh pineapple juice, and/or take Bromelain supplements to help bruising resolve faster. Bruising can be covered with makeup.
- ⇒ A few days after treatment, you will look as you did before treatment. This is normal, over time, Sculptra will replace lost collagen.
- ⇒ Avoid excess sunlight, UV exposure and extreme temperatures. Minimizing exposure of the treated area to excessive sunlight and avoid UV lamp exposure and extreme temperatures until any initial swelling and redness have disappeared.
- ⇒ 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 resume topical products as mentioned above 1 week after injection

**If you experience worsening redness, swelling, or pain at the injection site, please contact us for follow up.**

#### Follow-Up Treatment:

- Follow up treatments should be scheduled about every 4-6 weeks.
- Visible results may not be seen until 2-3 sessions have been completed.
- Results can last more than two years.

If you have any further questions or concerns, please call/text us at 705-522-2252 or email [np@lipsnlines.ca](mailto:np@lipsnlines.ca)