

Sculptra

Pre & Post Treatment Instructions

Thank you for choosing TLC Laser & Skincare for your Sculptra Treatments. By carefully following these instructions you will help achieve the best results possible.

Pre-Treatment

- Avoid taking aspirin, non-steroidal anti-inflammatory medications, St. John's Wort, and high doses of vitamin E supplements for one week after treatment. These agents may increase bruising and bleeding at the injection site.
- Avoid alcohol for three days before your treatment.
- Schedule your filler appointment at least 2 weeks prior to a special event. Bruising and swelling may be apparent for 1-2 weeks post treatment.
- 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.

Post Treatment

- Massage the area for 5 minutes, 5 times per day for 5 days after your treatment.
- For the first 24 hours after your treatment, apply ice packs to the treatment area to reduce swelling.
- Temporary, minimal to moderate swelling may be expected related to the area/s treated and the product/s used.
- You may begin wearing makeup once you have adequately cooled/iced the area/s, as instructed and any pinpoint bleeding from the injection site has subsided.
- AVOID strenuous exercise or activity for the remainder of the treatment day. You may resume other normal activities immediately.
- AVOID drinking alcohol for a minimum of 12 hours as this may contribute to swelling and bruising.
- It may be normal to experience some tenderness at the treatment site that can last for 3-7 days on average.
- You may take acetaminophen/Tylenol if you do experience any mild tenderness or discomfort. AVOID aspirin and ibuprofen products as they may increase your potential to bruise.

- A few days after treatment, you may look as you did prior to treatment, this is normal and temporary. Sculptra works gradually to replace lost collagen, full results are obtained 3 months after the last injection session is completed (2-4 sessions are average).
- Do not have any facial procedures including laser, facials, massage, or microneedling for two weeks after your treatment.

*If the treated area becomes tender/painful changes color, is oozing, or if you have any other questions or concerns, please call our office right away at **262-569-7335** or email us at **info@tlclaserandskincare.com***