

What is Sculptra?

Sculptra is one of the most popular dermal filler products and directly stimulates collagen production to reverse the aging process and revive your skin. As a collagen stimulator, Sculptra addresses the underlying cause of aging, *loss of collagen*, instead of the symptoms. It works in collaboration with the body's natural proteins to restore skin structure and volume. As the injection microparticles are absorbed, collagen production accelerates.

Contraindications to Sculptra Treatment:

- History of hypertrophic or keloid scarring
- Pregnancy or breastfeeding
- Severe immunocompromise
- Anyone under age 18

What to expect at your Sculptra treatment appointment

Your injector will go over your medical history and treatment goals to ensure you are a good candidate for Sculptra. Prior to Sculptra injections, your injector will cleanse the treatment areas with a topical cleanser. Sculptra is injected into several areas around the face in a similar fashion to filler. Sculptra is mixed with a local anesthetic (numbing agent) to decrease any discomfort you may feel. After all the areas have been injected your injector will then massage the face for 5 minutes. This is the same type of massage you will be performing 5 times per day for 5 minutes each time for a total of 5 days to ensure even distribution of the product. Total appointment time for Sculptra, including consultation, is around 1.5 hours.

SCULPTRA PRE-TREATMENT INSTRUCTIONS

- Avoid the use of Aspirin, NSAIDS, Ginko Biloba, Garlic Supplements, Green Tea, Flax Oil, Cod Liver Oil, Vitamins A and E, niacin and essential fatty acids for up to 1 week pre and post injection as they will increase your risk of bruising. any other herbal or homeopathic remedies that may contribute to bleeding risk at least 1 week prior to Sculptra injections. If you are on any of these medications/supplements under the care of a provider, do NOT stop taking any medications prior to speaking with your prescribing provider.
- Do not drink alcoholic beverages 24 hours before (or after) your treatment to avoid extra bruising.
- Avoid cigarettes 24-48 hours before and after your treatment, as these may contribute to increased swelling, bruising, and irritation. Limit caffeine intake.
- If no allergies, 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, your provider and the medical director will advise you on antiviral therapy prior to treatment.
- If you have a special event or vacation coming up, please keep in mind that you should schedule your treatment at least 2 weeks in advance.
- If you develop a cold/flu, cold sore, blemish or rash, etc. in the area to be treated prior to your appointment, please wait at least 2 weeks to reschedule.
- Sculptra is not generally recommended if you have a history of surgical face lifts/implants in the past. Please reach out to the medical director for specific concerns regarding a history of these procedures.
- If you have a history of a neuromuscular or immunosuppressive disorder, please get a signed note from your treating provider authorizing the use of Sculptra.
- We recommend waiting at least 2 weeks before and after your Sculptra to have any other cosmetic facial treatments, including laser, ultrasound, peel, facials, micro needling, microdermabrasion, etc.
- Please come to your Sculptra appointment with NO makeup on if possible.
- Do not schedule any of the following for 4 weeks before or after Sculptra:
 - Dental cleaning or dental work (crowns, root canals, etc.)
 - Surgery of any kind
 - Internal device placement
 - Tattoos or permanent makeup
 - Any vaccines
 - Please wait 3 months before or after dermal filler

Day of Treatment -Arrive with a clean face. Please do not wear makeup. - You may experience a mild amount of tenderness or stinging during and following injection. Redness and swelling are normal. Some bruising may also be visible.

SCULPTRA POST TREATMENT INSTRUCTIONS

- DO massage the treated areas 5 times a day for about 5 minutes for 5 days after treatment. Your provider will instruct you on how to properly do this. This is an important step to ensure best results from your Sculptra treatment and reduce possible treatment side effects.
- For post treatment discomfort or swelling you may hold ice packs on the treated areas gently for about 3-5 minutes a few times that day.
- Treated areas may be red, swollen, and bruised for the first 2-7 days.
- Do NOT get a facial or massage for 2 weeks after your Sculptra procedure.
- Avoid strenuous workouts and alcohol for 24 hours if possible.

- If bruising occurs and you have no allergies, you may take Arnica supplements, apply topical Arnica gel, drink fresh pineapple juice, and/or take Bromelain supplements or apply Alastin INhance serum four times per day to the area 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.
- Keep your head above your heart for 4 hours.
- You may take acetaminophen (Tylenol) if you experience any mild discomfort or tenderness.
- No straining, heavy lifting, or vigorous exercise, excessive sun or heat exposure, exposure to extreme cold, or drinking alcoholic beverages for 24 hours following treatment.
- Please wait 2 weeks before any other aesthetic treatments.
- Wearing makeup is not recommended for the first 24 hours following treatment.
- You may follow your normal skincare routine the day of treatment using gentle cleansers and light washing.
- If you have a small bump that remains 4-6 weeks after your Sculptra treatment, please let us know and we will see you back in the office to resolve it.
- Avoid dental work, vaccines, surgeries, tattoos or permanent makeup for 4 weeks after your Sculptra appointment. Avoid dermal filler for 3 months.
- Avoid laser, IPL, BBL or skin tightening treatments in the treated area for 2-3 weeks following treatment.
- Common side effects after Sculptra include swelling, bruising, tenderness/soreness, lumps, redness, and itching at the injection sites. Ice/cold packs can help improve these. Please notify us immediately for any intense areas of pain or significant bruising.