

Pre-Treatment Instructions SCULPTRA

**As with any injection, cosmetic injections may cause swelling and bruising. Most episodes are very mild and resolve shortly.**

* To reduce chances of bruising, please avoid the following for 7-10 days prior to your visit: any form of alcohol, aspirin, medications containing ibuprofen, Celebrex and supplements with Vitamin E, Fish Oil, and other herbal supplements (such as gingko, garlic or ginseng).
* To aid in faster recovery, take Arnica capsules prior to and after the procedure (available for purchase in our offices).
* No Dental Work two weeks prior to treatment & two weeks after treatment

Post-Treatment Instructions SCULPTRA

**SCULPTRA** (POLY-L-LACTIC ACID INJECTION)

* After your injection, bruising, swelling and discomfort may occur. Within the first 1-2 days (as needed) post treatment apply an icepack (contained within a plastic bag) or ice wrapped in a cloth to the treatment area to help reduce swelling (avoid putting ice directly on your skin).
* *5-5-5 Rule*: Please perform pressure point massage (as instructed by our medical staff) to the treatment area 5 times a day, for 5 minutes each time, for a duration of 5 days. This will help the solution distribute evenly. You may use a moisturizer, Aquaphor or a mild sundblock to massage with.
* After treatment, please avoid sleeping on your side. Attempt to sleep on your back or rotate sides. (A roller neck or memory foam contour pillow is recommended to help sleep on your back)
* Please avoid sun and UV sunlamp exposure, as well as hot baths, saunas, steam rooms and whirlpools for 24 hours after treatment.
* No lasers, chemical peels, tanning beds or excessive sunlight for 4 weeks after Sculptra.
* We recommend waiting 7 days before doing a Facial or other skin treatments.
* Sculptra usually takes at least 12 weeks to build noticeable about of collagen.
* Schedule a follow-up appointment 10-12 weeks after your injection. Usually a second injection will be performed at that time.
* If you have any concerns or questions please don’t hesitate to call our office at **518-786-7004.**