



MEDICAL AESTHETICS
intelligence

Sculptra Aesthetic Instructions

Pre-Sculptra instructions:

- Do NOT take aspirin, Motrin, ibuprofen, Naproxen, Aleve, Vitamin E, Gingko Biloba, fish oil, St. John's Wort, garlic pills, or other anti-inflammatory medications.
- DO consider taking over the counter Arnica and Bromelain supplements starting 3-5 days before your treatment as they have been shown to decrease bruising.
- The ideal time to schedule this procedure is at LEAST 2 weeks before a big event.

Post-Sculptra Instructions:

- DO massage the treated areas 5 times a day for about 5 minutes for 5 days after treatment.
- DO 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 filler procedure.
- Avoid strenuous workouts, make up and alcohol for 24 hours if possible.
- If bruising occurs, continue Arnica supplements, DO apply topical Arnica gel to help bruising resolve faster.
- A few days after treatment, you will look as you did before treatment. This is normal, over time,

Sculptra will replace lost collagen.

Follow-Up Treatment:

- Sculptra treatments are spaced 3-4 weeks apart.
- Visible results may not be seen until 2 to 3 sessions have been completed.
- Results can last more than two years.

Best results will be seen at 6 months which coincides with your last follow up appointment.

**If you have any questions or unexpected concerns, please email
Anniebireley@gmail.com**