

## POST-PROCEDURE INSTRUCTIONS - SCULPTRA

1. **AVOID** all anti-inflammatory medications for 2 weeks before and after each Sculptra treatment. This includes aspirin, Advil, Alleve, and prednisone. You can take Tylenol, if needed. Taking anti-inflammatory medications may limit the desired collagen stimulation from Sculptra.
2. It is important to firmly **MASSAGE** all of the treated areas for 10 days after your treatment. This should be done at least twice a day for about 3 minutes. Use a moisturizer or wet hands to avoid friction on the skin. Massage will help to prevent small nodules in the skin as the collagen begins to develop.
3. Immediately after the procedure you will have slight swelling in the injection areas. Apply ice packs off and on to help with any swelling or pain. You can cover up any areas with make-up immediately.
4. As with any injections, you may develop bruising after the procedure. This can be covered with makeup immediately. Please try to avoid aspirin, Advil, alcohol, and vitamin E for 10 days PRIOR to any injections to help prevent bruising. Ice packs immediately after the procedure may also help minimize bruising. An herbal supplement, "Arnica", can be taken right after the procedure and 4 times a day to help the bruising resolve much earlier. This is available at health food stores. We also carry specific creams in the office which help the bruising to resolve more rapidly.
5. A few days after Sculptra injections, the face will look as it did before the treatment. Sculptra works gradually to replace lost collagen. Visible results typically appear slowly and naturally over several months. On average, most patients need 3-4 treatment sessions for adequate results.
6. If you have any questions or concerns, please call our office.