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Sculptra Aesthetic Care Instructions

Pre Care Instructions

- Avoid the use of Aspirin, NSAIDS, Flax Oil, Cod Liver Oil, Vitamins A and E, and essential fatty acids for up to 1 week pre and post injection as they will increase your risk of bruising.
- Do not drink alcoholic beverages 24 hours before (or after) your treatment to avoid extra 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 to receive advice on antiviral therapy prior to treatment
- Do not use the above stated if you are pregnant or breastfeeding or are allergic to any of its ingredients.

Day of Treatment

- Please arrive with a clean face. Please do not wear makeup.
- You may experience a mild amount of tenderness or stinging during and following injection. Minimal redness and swelling are normal. Some bruising may also be visible. This will resolve within 7 days.

Post Care Instructions

- Ice (but avoid firm pressure) for 15 minutes 3 times the day of treatment
- You may take Acetaminophen/Tylenol if you experience any mild tenderness/discomfort
- Massage the areas 5 times a day, for 5 minutes each time, for 5 days after treatment
- You may apply or take Arnica tablets to help decrease the amount of bruising
- Avoid extended UV exposure until any redness/swelling has subsided. Apply SPF.
- Avoid strenuous exercise for 24 hours to reduce bruising. You may resume other normal activities/routines immediately