

ICONIC DERMATOLOGY

AND COSMETIC SURGERY

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Sculptra Aesthetic Care Instructions

Pre Care Instructions

- Avoid the use of Aspirin, NSAIDS, Flax Oil, Cod Liver Oil, Fish 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.
- Begin the use of arnica tablets 2-3 days prior to your appointment. This will help to reduce bruising from your injections.

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 7-14 days.

Post Care Instructions

- Massage the areas 5 times a day, for 5 minutes each time, for 5 days after treatment.
- You may continue to take Arnica tablets to help decrease bruising.
- If you experience any discomfort, you may ice the area for 15 minutes at a time and/or take Acetaminophen/Tylenol.
- Avoid strenuous exercise for 24 hours to reduce bruising. You may resume other normal activities/routines immediately.
- Avoid applying makeup to the skin for the first 24 hours if possible.