



SCULPTRA PRE AND POST CARE INSTRUCTIONS

Pre-Treatment Instructions:

- Avoid alcohol 24 hours prior as it can increase the risk of bruising.
- Avoid blood thinning medications and supplements 3-5 days prior. Aspirin, NSAIDS, antioxidants, Vitamin E and fish oil
- Take arnica tablets 2 days leading up to your appointment if concerned about bruising.

Post-Treatment Instructions:

- Massage the treated area for 5 minutes, 5 times per day for 5 days after your treatment, according to your aesthetic provider's instructions.
- Within the first few hours after your treatment, you may apply an ice pack or ice wrapped in a cloth (avoid putting directly on your skin) to the treatment area to help reduce swelling or tenderness
- You may apply makeup 24 hours after your Sculptra treatment if no complications are present.
- Avoid sun and UV sunlamp exposure until swelling and redness have disappeared.
- Avoid exercise for 48 hours after treatment.

Important Points to Remember:

- A few days after treatment, you may look as you did before the treatment. This is normal and temporary. Sculptra works to gradually replace lost collagen.
- Visible results appear within the first few treatment sessions.
- For best results, it is recommended you follow the full treatment plan discussed with your specialist, which may include additional treatment sessions.