Dermatology & Plastic Surgery SPECIALISTS

SCULPTRA

BEFORE YOUR TREATMENT

- Avoid blood thinners (aspirin, ibuprofen, naproxen, fish oil, vitamin E, ginkgo, garlic, turmeric and other supplements) for **five to seven days prior**, if medically appropriate.
- Avoid alcohol for **twenty-four hours** before treatment.
- Arrive with clean skin. Do not wear makeup, skincare products or lotion on the day of treatment.
- Inform your provider of all medications, supplements, allergies or medical conditions.
- Alert your provider if you have a history of keloid scars, autoimmune disorders or active skin infections.
- Notify your provider if you have had recent cosmetic procedures, dental work or facial treatments.
- If you have a history of herpes simplex, inform your provider (for possible preventive medication).

Dermatology & Plastic Surgery SPECIALISTS

SCULPTRA

AFTER YOUR TREATMENT

- Expect mild swelling, redness, tenderness, bruising or small bumps at the injection sites. These usually resolve within a few days.
- **Massage the treated areas for five minutes, five times daily, for five days** using a firm, circular motion. This helps evenly distribute Sculptra.
- Avoid makeup for **twenty-four hours**.
- Avoid strenuous exercise, excessive heat, saunas, hot tubs and alcohol for twenty-four hours.
- You may return to normal activities immediately.
- Sleep with your head elevated the first night if you experience swelling.
- Results develop gradually over several weeks to months, with continued improvement for up to 6 months as your body builds new collagen.
- Contact us if you experience persistent swelling, nodules/lumps beyond a few weeks, increasing pain, redness, or any other concerns.