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Sculptra Pre and Post Treatment Instructions

PRE TREATMENT

- Please let us know if you have a history of oral herpes simplex virus (HSV) or cold sores, as medication is available to prevent such outbreaks.
- Avoid alcohol 24hrs prior to treatment to limit bruising.

CONTRAINDICATIONS

Please let us know before your treatment if you have any of the following as they are contraindicated for this treatment.

- Are pregnant, plan to become pregnant or breast feeding.
- Have a history of a bleeding disorder, abnormal scarring, or autoimmune disease.

POST TREATMENT

- Massage the injected site vigorously in an upward motion 3 times daily for 3 minutes for 3 days following your treatment.
- Start taking Arnica on the day of the procedure for 5 days. If bruising occurs, continue Arnica supplements, DO apply topical Arnica gel, drink fresh pineapple juice, and/or take Bromelain supplements to help bruising resolve faster.
- Make-up may be worn immediately after procedure if kept in a clean, sealed container.
- AVOID - excess sunlight and UV exposure: Protecting your skin from the sun is always important, but after treatment, excessive sunlight and UV lamp exposure should be avoided until any initial swelling and redness go away. Your doctor will provide guidelines on sunscreen protection and how to avoid excessive sunlight. Elevate the head with two pillows while sleeping during the first few days to minimize swelling.
- Treated areas may be red, swollen, and bruised for the first 2-7 days.
- Do NOT get a facial or massage for 2 weeks after your filler procedure.

- Exaggerated movements of the areas augmented should be avoided for the first several days.
- Avoid strenuous workouts and alcohol for 24 hours if possible.
- Aspirin, NSAIDs, and alcohol should be avoided for the first few days after treatment.
- Tylenol may be used for pain control.
- A few days after treatment, you will look as you did before treatment. This is normal; over time, Sculptra will replace lost collagen.
- Notify the medical provider if significant swelling, bleeding, eye pain, vision change, dusky discoloration, excessive pain or fever occurs.

FOLLOW UP TREATMENT

- Return in 8 weeks for follow-up.
- Visible results may not be seen until 3 sessions have been completed.
- Results can last more than two years.
- Remember, Sculptra Aesthetic works by gradually replacing lost collagen. It provides improvements subtly without making it look like you've had work done.

Call the office with any questions or concerns at 808-339-3595

I understand that these pre/post care instructions are important to my overall treatment. I agree that I have read and understand what is required of me before and following my treatment.