



Sculptra Pre/Post Care

Pre-Care Instructions:

- Avoid the use of Aspirin, NSAIDS, Ginkgo Biloba, Garlic Supplements, Green Tea, 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.
- You may take Arnica tablets 2-3 days prior to your injection to reduce the risk of 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. Please inform your provider if you have any questions about this prior to the treatment

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 in an upward direction.** This distributes the Sculptra evenly and helps prevent nodules.
- Common side effects include **bruising and tenderness**. These symptoms usually resolve in 7 days. You may apply or take Arnica tablets to help decrease the amount of bruising.
- Although rare, please contact the office in case you develop any nodules.
- Eat foods that contain protein and Vitamin C, which both contribute to the body's collagen production.
- Aesthetic make-up may be applied a few hours post-treatment if no complications are present.
- 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. Do 40 or more squats per day for buttock treatments.
- Avoid laser, IPL, or skin tightening treatments of the area for at least 2-3 weeks.



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- Sculptra may cause redness, swelling, or bruising when first injected into the skin, typically resolving in hours to one week.
- A few days after treatment, you may look as you did before treatment. This is normal and temporary. Sculptra Aesthetic works to gradually replace lost collagen. Visible results appear within the first few treatment sessions.
- Treatment with Sculptra Aesthetic can result in small papules in the treated area. These subcutaneous papules are typically not visible and asymptomatic and may be noticed only upon pressing on the treatment area. However, visible nodules, sometimes with redness or color change to the skin, have been reported. Patients should report these events and any other side effects to their health care provider.
- Schedule your next appointment 4-6 weeks after your initial treatment. Remember for results you need 3-4 vials!

If you think you are having an emergency please call 401-782-2400. After hours or on the weekend please email info@seamistmedspa.com with EMERGENCY DR. SIMPSON in the subject line.