



Sculptra Instructions

Pre-Treatment 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 before and after injection, as they may increase the risk of bruising.
- Do not drink alcoholic beverages 24 hours before or after your treatment to minimize bruising.
- You may take Arnica tablets 2-3 days prior to your injection to reduce the risk of bruising.
- Do not apply potentially irritating products 2-3 days before and after treatment, such as retinoin/Retin-A, glycolic acid, benzoyl peroxide, or hydroquinone.
- Inform your provider if you have a history of cold sores so you can receive advice on antiviral therapy prior to treatment.
- Do not use the above-mentioned products if you are pregnant or breastfeeding, or if you are allergic to any of their ingredients. Please inform your provider if you have any concerns regarding this prior to the treatment.

Post-Treatment Instructions:

- Apply ice (but avoid firm pressure) for 15 minutes, 3 times on the day of treatment to help reduce swelling.
- You may take Acetaminophen (Tylenol) if you experience any mild tenderness or discomfort.
- **Massage the treated areas 5 times a day for 5 minutes each time for the 5 days after treatment in an upward direction. This helps distribute the Sculptra evenly and prevents nodules from forming.**
- Common side effects include bruising and tenderness, which typically resolve within 7 days. You may use or take Arnica tablets to help reduce bruising.
- Although rare, please contact the office if you develop nodules or any unusual reactions.
- Eat foods rich in protein and Vitamin C, as they contribute to the body's collagen production, which enhances the results of Sculptra.
- Aesthetic makeup may be applied a few hours after treatment, provided no complications are present.
- Avoid extended UV exposure until any redness or swelling subsides. Always apply SPF to protect your skin.

- Avoid strenuous exercise for 24 hours after treatment to reduce bruising. You may resume other normal activities immediately. For buttock treatments, it is recommended to do 40 or more squats per day after 24 hours.
- Avoid laser, IPL, or skin tightening treatments in the treated area for at least 2-3 weeks.
- Sculptra may cause redness, swelling, or bruising immediately after injection, typically resolving in hours to one week.
- A few days after treatment, you may notice your skin appears as it did before treatment. This is normal and temporary. Sculptra works gradually to replace lost collagen. Visible results typically appear within the first few treatment sessions.
- Treatment with Sculptra can result in small papules in the treated area. These subcutaneous papules are typically not visible and asymptomatic, often noticeable only upon pressing the treated 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 healthcare provider.
- Schedule your next appointment 4-6 weeks after your initial treatment. For optimal results, you typically need 4-6 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.