



## **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.

After treatment there will be moderate swelling and redness with possibility of bruising. These symptoms will resolve in about 7 days. You may apply or take Arnica tablets to help decrease the amount of bruising

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

Avoid laser, IPL, or skin tightening treatments of the area for at least 2-3 weeks

SCULPTRA Aesthetic 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.

**\*\*If you have any concerns please call the office M-F (401) 782-2400, Saturday and Sunday email [info@seamistmedspa.com](mailto:info@seamistmedspa.com) with ATTN Dr. Simpson.\*\***