

**Pre-Treatment Instructions:**

- Avoid alcohol the day prior to injection to prevent bruising from occurring due to its blood thinning effects.
- Avoid anti-inflammatory and blood thinning medications for 2 weeks prior to treatment. Such medications include aspirin, NSAIDs (Ibuprofen, Naprosyn, Aleve), Vitamin E, Ginkgo Biloba, St. John's Wort, Coumadin/warfarin, Pletal, Aggrenox, etc. It is recommended that you speak to your physician before discontinuing these medications prior to doing so however.
- Avoid strenuous exercise the day of injections.
- Schedule injections so they are not within 2 weeks of a special occasion/event in case of bruising.
- Begin taking Arnica tablets, 5 pellets three times a day, 2 days prior to injection. Continue the day of injection and for 2 days after. You can continue them as long as needed for bruising and/or swelling.
- Reschedule if you have a cold sore, blemish or rash on your face in the area to be injected.

**What to Expect During the Treatment:**

- Sculptra is injected into the skin to provide a collagen matrix.
- Local numbing medication or ice may be used to maximize your comfort during the procedure. Most patients report a mild discomfort typically associated with needle injections.
- To ensure an even correction, your provider will massage the area which may cause a temporary amount of redness to your skin.

**Post-Treatment Instructions:**

- Application of an ice pack or cold compress to the injection area after treatment may help reduce swelling.
- It is normal to feel "firmness" in the injection area for the first few days after treatment. The area will soften.
- Bruising and tenderness at the site of injection is common.
- Massage the area treated firmly for 5 minutes, 5 times a day for 5 days.
- For face treatments, for the first 7 days, sleep on your back with an extra pillow to keep the head slightly elevated and pillows on each side. Do not sleep directly on the area just injected for a week.
- For buttock treatment, there should be no significant lower extremity or aerobic exercise, no submerging the area under water, no heat exposure and you must NOT sleep on your back for 2 weeks.
- Makeup may be applied immediately after treatment using gentle application.
- If using Arnica tablets prior to the injections, continue to take them for the next 2 days.
- Patients will notice that the areas injected will look the same as they did prior to treatment a few days later. Sculptra takes time to help your system make new collagen.
- One possible delayed side effect is small bumps under the skin, termed micro-nodules, which may be non-visible or visible and may be felt in the areas of treatment. Usually, these bumps may only be felt when pressing on the skin. Micro-nodules tend to happen within the first 6 to 12 months after the treatment. They usually do not require treatment, and usually do not have any symptoms.
- Visible bumps may occur in rare instances, and they may be associated with redness, tenderness, skin discoloration or textural alteration. These bumps, which may be termed a granuloma, may or may not require treatment, including, but not limited to, injection, freezing or excision.
- For the face, we recommend at least 2-3 sessions of injections, and the number of vials should equal the number of decades the patient is old (40-year-olds need 4 vials in the first year, 50-year-olds need 5, etc.) for the best results. All patients need maintenance 1-2 vials a year. Patients need another 1-2 sessions for butt lift as well.