

**SCULPTRA<sup>®</sup> PRE- AND POST CARE (PAGE 1 OF 2)**

**Pre-Treatment Instructions:**

Avoid alcohol the day prior to injection to prevent bruising from occurring due to the blood thinning effects of alcohol.

Avoid anti-inflammatory and blood thinning medications for 2 weeks prior to treatment. Such medications include aspirin, NSAIDs (Ibuprofen, Naprosyn, Aleve), Vitamin E, Gingko 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 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.

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**Post-Treatment Instructions:**

Application of an ice pack or cold compress to the injection areas after treatment may help reduce swelling and tenderness. It is normal to experience some tenderness at the treatment sites for a few days.

It is normal to feel “firmness” in your injection area for the first few days after treatment. Please massage the injected areas 5 times for 5 minutes for 5 days. This will help with any hard areas that occur as well.

Bruising at the site of injection is a commonly reported side effect. A temporary amount of minimal to moderate swelling can be expected following treatment. This should dissipate following injection. Please contact RejuvenationMD if swelling persists.

Most patients immediately return to their normal routine/activities. Makeup may be applied immediately after treatment.

If you were taking Arnica prior to your injections, continue to take 5 pellets 3 times a day today and for the following 2 days.

You 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. We recommend at least 2-3 sessions of injections for the best results.

Immediately report any worsening, persistent symptoms, or side effects to RejuvenationMD.