



## **Sculptra Pre & Post Treatment Instructions**

### **Pre-Treatment Instructions**

- Avoid the use of Aspirin, NSAIDS, Ginko 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

### **Day of Treatment**

- You may use topical anesthetic medication in the office before your scheduled appointment (please arrive 30 minutes prior to procedure)
- Arrive with a clean face. Please do not wear makeup.
- You may experience a mild amount of tenderness or stinging during and following the injection
- Redness and swelling are normal. Some bruising may also be visible

**Please arrive 30 minutes prior to your appointment to apply numbing cream. The numbing cream will be placed on the red table closest to the office door.**

### **Post-Treatment 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
- After treatment there will be moderate swelling and redness with the 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
- 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
- You may continue your topical products as mentioned above 1 week after injection

Failure to follow these instructions may impact the results of your treatment. If you have any questions regarding your treatment, please call our office at (530)559-8558. Thank you!

Best,

Glo Med Aesthetics