

Pre-Treatment Sculptra:

- For 7 days prior to treatment appointment:
 - No NSAID's (ibuprofen, naproxen, Aleve, Motrin, Celebrex), No Aspirin and No blood thinners. If you are on medication prescribed by your doctor that may thin your blood or affect blood clotting, please notify your primary care provider you are planning on having an aesthetic medical procedure. Avoid supplements that tend to thin the blood such as Ginkgo Biloba, Garlic, Turmeric, Flax Oil, Fish Oil, Vitamin E.
- Avoid alcohol and nicotine 3 days prior to and after treatment as the use of these products contributes to potentially longer healing times as well as increased risk of complications and delay of optimal results.
- On the day of treatment, keep your face clean and do not apply makeup or moisturizers.
- No treatment if currently pregnant or breastfeeding.
- If you have a history of cold sores, please be sure to advise your provider prior to treatment to assess if an anti-viral prescription needs to be obtained.

Post-Treatment Sculptra:

- No makeup or products applied on skin for 24 hours post treatment.
- No vigorous exercise for 24 hours following treatment.
- **Massage treatment area for 5 minutes 5 times daily for 5 days following treatment. (555 rule)**
- A series of injections is typically recommended to achieve desired results. Your provider will customize a Sculptra treatment plan for you.
- No Body Massage (avoid massage face cradle). No HydraFacial, No chemical peels for 2 weeks post injections.
- Ice can be applied to the treatment area to minimize swelling and discomfort.
- Tylenol (Acetaminophen) may be used for any discomfort after injection. The use of Arnica or other medical grade products may be used to help with bruising.
- Call our office immediately if have signs of vascular occlusion: any sudden increase in pain or discomfort to treatment area, changes to your skin color such as red (erythema), blanching or whitening of skin, bruising outside of the injection site or cool temperature to the affected area.
- If there is any concern during your healing process, please call our office 916-242-2662.



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