

INJECTABLES: SCULPTRA

Treatment Information

BEFORE A SCULPTRA APPOINTMENT

- 7 days before, avoid blood thinning medications like ASA (aspirin), ibuprofen (e.g. Motrin, Advil), naproxen (Aleve), herbal supplements (i.e. garlic, ginseng, ginkgo biloba, St. John's Wort, omega-3, and vitamin E).
- 3 days before, avoid products containing retinol.
- 48 hours before, do not drink alcohol.
- 48 hours before, be well hydrated.

DURING A SCULPTRA APPOINTMENT

- Our certified aesthetic nurse specialist will do a full mapping of the targeted area to assess the points for injection. Your skin area will then be gently cleaned, photos taken, marked for treatment, and you'll be ready to receive your injection.
- You will feel a slight pinching when the needle breaks the skin, but that will not last long. A topical anesthetic is sometimes used to prevent any pain associated with injections.
- Treatments typically take 60 minutes.

AFTER A SCULPTRA APPOINTMENT

- You may feel tenderness or swelling after treatment and may experience bruising, redness, or temporary bumps. This should only last for 24-48 hours following treatment.
- For 24 hours, apply an ice pack wrapped in cloth to the injection entry point to help reduce pain. Avoid putting ice directly on your skin.
- Only touch the injected area with clean hands, clean makeup tools, and clean towels.
- For 24 hours, do not apply makeup over the injected area (risk of infection).
- Avoid strenuous exercise and exposure to sun, UV lamps, indoor tanning beds, or extreme temperatures within the first 24 hours after treatment.
- Massage the treated area for 5 minutes 5 times per day for 5 days after your treatment.
- Changes will appear in around 3-6 months, but the peak effect occurs by month 6.
- Results will continue to improve over the first 3-6 months and wear off after 2 years (on average).
- *Contact us:*
 - If you develop a side effect, such as unusual pain, vision changes, a white appearance of skin near the injection site, or any signs of stroke during or shortly after the procedure.
 - If you experience any other side effects, which you think are important.
 - If you also see your family doctor, a walk-in clinic doctor, or go to the ER.