

## Sculptra Care Instructions

### Before Your Treatment

- 5-7 days before your treatment, avoid using aspirin, ibuprofen, fish oil, Vitamin E supplements, and other medications that may thin the blood and can increase bruising.

### After Your Treatment

- **Massage the areas 5 times per day, 5 minutes at a time, for 5 days after treatment.**
  - This may be uncomfortable for the first couple of days.
  - Use lotion, Vaseline or Aquaphor with your massage.
- Ice can be used for 15 minutes at a time, 3 times in a day.
- You may take Acetaminophen/Tylenol if you experience any tenderness or discomfort.
- Arnica gel or tablets help with inflammation.
- Avoid *strenuous* exercise for 24 hours to reduce bruising (activities that elevate your heart rate or blood pressure, heavy lifting, etc.).
  - You may resume other mild activities and routines immediately after.
- Avoid laser, IPL, or skin tightening treatments of the treated area for 2-3 weeks after injection.
- You may continue your topical products 1 week after injection.
- After treatment there will be moderate swelling and redness with possibility of bruising.
  - These symptoms will resolve in about 7-14 days.
- Most patients require a minimum of two treatments.
- Results begin to appear 4 - 6 weeks after treatment and will gradually improve for up to 12 months.
- Results last up to 2 - 3 years after initial treatment.

**Questions/Concerns.** Post-treatment healing varies from patient to patient. If you have any questions or concerns, please contact our office at 425-450-0880.