



SCULPTRA Pre/Post Care Treatment Instructions

SCULPTRA Pre and Post Care Instructions

Pre-Treatment Instructions:

- For optimal results and to minimize the chance of bleeding or bruising at the injection site, please avoid all aspirin, ibuprofen (Motrin or Advil), naproxen, Aleve, Herbal supplements such as Omega-3, fish oil, St. John's Wort, flax, Vitamin E, Vitamin D, garlic, Ginkgo Biloba, ginseng, etc 1 week prior to your scheduled treatment.
- If you take aspirin or other blood thinners on your doctor's advice or orders, **do not** stop taking your medication.
- Please notify us in advance if you have had any active infections, dental work, or vaccinations in the past two weeks.
- Alcohol should be avoided 24 hours prior to your scheduled treatment.
- If you have a history of herpes or cold sores, take an antiviral medication 48 hours prior to your scheduled treatment and the day of your session.
- ***The final decision to proceed with your treatment is at the discretion of Davam Aesthetics Providers. We care about your safety and comfort.***

Day of your Treatment:

- Please come to the office without make-up, creams, gels, or lotions on treatment areas.
- To maximize your comfort during the procedure, a topical anesthetic may be applied.
- To ensure a smooth and even correction, your provider may massage the area(s) treated, which may cause a temporary, minimal amount of redness to your skin.

What to Expect

- You may experience mild tenderness or a stinging sensation following the injection.
- Redness and swelling are normal. Some bruising may also be visible.
- Depending upon the area(s) treated and product(s) used, you may feel "firmness" in the treated area(s) for 1 to 2 weeks after treatment. Over time, the area(s) will soften and "settle".

Post-Treatment Instructions

- Massage the treated area for 5 minutes, 5 times per day for 5 days after your treatment.
- Within the first few hours after your treatment, apply an ice pack or ice wrapped in a cloth (avoid putting ice directly on your skin) to the treatment area to help reduce swelling.
- Bruising, swelling, tenderness, numbness, and firm nodules may occur after your treatment. Bruising will resolve in up to two weeks. You may consider taking Arnica, a homeopathic medication, for 2-5 days to help.
- For tenderness and discomfort, you may take acetaminophen/Tylenol every 4-6 hours.
- Resume your exercise 24-hours after treatment.

- You may apply make-up 24 hours after your Sculptra treatment if no complications are present.
- AVOID sun and UV sunlamp exposure until swelling and redness have disappeared. Be sure to apply sunscreen of at least SPF 30 or higher.
- AVOID drinking alcohol for the minimum of 24 hours as this may contribute to bruising and/or swelling.
- AVOID dental work for two weeks prior and three weeks after filler injections.
- We recommend you wait a minimum of 4 weeks before any skin procedures or laser treatments.
- Remember, a few days after treatment, you may look as you did before treatment. This is normal and temporary. Sculptra works to gradually replace lost collagen.
- Visible results appear within the first few treatment sessions. For best results, it is recommended you follow the full treatment plan as discussed to you by your provider.
- **If you notice any dusky/white discoloration, severe pain, unusual bruising, redness, warmth/coolness, blisters, fever, chills, difficulty swallowing or smiling, please contact Davam Aesthetics immediately.**

If you have any questions or concerns, please contact our office at 713.487.3010 / 713.487.3020