



# SCULPTRA®

## PRE + POST CARE

### PRE-TREATMENT CARE:

- If you are anxious or worried about your procedure, feel free to talk to the healthcare practitioner who will perform your procedure. Our practitioners are highly experienced and may have suggestions that will help.
- Avoid Aspirin, Ibuprofen, Advil, St. John's Wort, oral Vitamin E, and non-steroidal anti-inflammatory drugs (NSAIDs) in the 24 hours prior to your treatment as they may promote the risk of bruising and bleeding in the injection area.
- If you are currently taking anti-coagulation medications (Warfarin, Coumadin, Heparin, Lovenox, Enoxaparin, Lepirudin, Refludan, Ticlopidine Ticlid, Clopidogrel, Plavix, Tirofiban, Aggrastat, Eptifibatide, Integrilin), discuss the use of these medications with your healthcare provider prior to your treatment. You may or may not be a candidate for treatment with cosmetic dermal fillers.
- If you are prone to cold sores (oral herpes simplex), please notify your provider and take your prescribed medication (Famvir, Famciclovir, Valtrex, Valacyclovir, Acyclovir) as prescribed in the 24 hours prior to your treatment.

### POST-TREATMENT CARE:

After each treatment session with SculptraAesthetic®, there are a few easy things you will need to help with the treatment results. You can print out this instruction sheet and keep it handy, so you remember to do these things every day:

- **HAVE AN** - ice pack ready: Within the first 24 hours of treatment, apply a cloth-wrapped ice pack to the treated area for a few minutes at a time. Never apply ice directly to the skin.
- The cold will help reduce common swelling.
- **GIVE YOURSELF** - facial massages: Massage the treated area for 5 minutes 5 times a day for 5 days after treatment as recommended by your physician.
- **AVOID** - excess sunlight and UV exposure: Protecting your skin from the sun is always important, but after treatment, excessive sunlight and UV lamp exposure should be avoided until any initial swelling and redness go away. Your doctor will provide guidelines on sunscreen protection and how to avoid excessive sunlight.
- Treated areas may be red, swollen, and bruised for the first 2-7 days.
- Avoid strenuous workouts and alcohol for 24 hours if possible.
- If bruising occurs, continue Arnica supplements, **DO** apply topical Arnica gel, drink fresh pineapple juice, and/or take Bromelain supplements to help bruising resolve faster.
- Bruising can be covered with makeup. i.e. Dermablend (CVS or Macy's) or Colorescience Corrective Palette.
- A few days after treatment, you will look as you did before treatment. This is normal, over time, SculptraAesthetic® will replace lost collagen.