

# PRE/POST CARE INSTRUCTIONS

## SCULPTRA

### Pre Care Instructions:

- Avoid consuming alcohol 24 hours prior.
- Avoid Aspirin, NSAIDS or other over the counter medications such as Advil or Motrin for 24 hrs prior, this can increase the risk of bruising.

### Post Care Instructions:

- Immediately after a Sculptra injection session, redness, swelling, and/or bruising may appear in the treatment area. To reduce the risk of edema and/or bruising after injection, an ice pack wrapped in cloth (to avoid any direct contact of the ice with the skin) is applied to the treated areas.
- To help Sculptra distribute evenly in the contour deficiency, it is important at the end of the treatment session to manually massage in a circular fashion the treatment area for a minimum of 2 minutes. A facial moisturizer should be used to perform the massage. It is recommended that the patient should massage the treated areas for five minutes, five times per day for five days after the injection session to promote a natural-looking correction.
- Early occurrence of subcutaneous nodules at the injection site (within 3 to 6 weeks after the treatment) may be minimized by adhering to proper post care instructions. Massaging the treatment area to ensure proper distribution of the product may also minimize the appearance of nodules. Nodules usually resolve spontaneously. However, as reported in published literature, some nodules may require medical treatment such as subcision (break-up of nodules with sterile saline solution), and delayed occurrence of subcutaneous nodules at the injection site (usually will manifest within 3 to 4 months after the treatment) may require treatment such as intralesional injections of corticosteroids, subcision and/or excision.

### What to Expect Post Treatment:

- Within the first 24 hours, an ice pack wrapped in cloth (avoiding any direct contact of the ice with the skin) should be applied to the treatment area to reduce swelling and bruising. Sculptra may cause redness, swelling, or bruising when first injected into the skin, typically resolving in hours to one week. Hematoma may also occur, typically resolving in hours to about two weeks. Worsening or prolonged symptoms or signs should be reported to the health care provider. The original skin depression may initially reappear, but the depression should gradually improve within several weeks as the treatment effect of Sculptra occurs. The health care provider will assess the need for additional Sculptra injection sessions after at least six weeks.
- It is recommended to massage in a circular fashion the treated areas for 5 minutes, 5 times per day for 5 days following any injection session, according to the provider's advice.
- Treatment with Sculptra can result in small papules in the treated area. These subcutaneous papules are typically not visible and asymptomatic and may be noticed only upon pressing on the treatment area. However, visible nodules, sometimes with redness or color change to the skin, have been reported.
- Aesthetic make-up may be applied the day after treatment if no complications are present.
- Exposure of the treated area to sun and UV lamp exposure and extreme temperatures are to be avoided until any initial swelling and redness has resolved. Patients should be informed about appropriate sunscreen protection according to the physician's advice.

### Complications:

- If you feel like you are developing an adverse reaction or an infection, please call our office during business hours. If you are concerned about a serious reaction, seek immediate medical attention.