

SCULPTRA (Injectable poly-L-lactic acid)

Before and After Treatment

What do I do before injections?

1. Do not schedule injections two weeks before an important social or professional engagement due to the possibility of redness, swelling, or bruising from the procedure.
2. Plan on arriving 40 minutes prior to your procedure to have a compounded topical anesthetic cream applied to minimize discomfort and for pre-treatment photographs to be taken. The cost of numbing cream is \$25 per application. All makeup and lipstick should be thoroughly washed off before you come to your appointment.
3. **Avoid the following 2 weeks prior to your treatment:** All anti-inflammatories (there are many supplements that have an anti-inflammatory effect, some of which include, Fish Oil, Vitamin E, Garlic, Ginko, Glucosamine and St. John's Wort) and blood thinners, including Prednisone, Aspirin, Naproxen, Ibuprofen, etc. **If you need these products for your health, please do not stop your medication without permission from your health care provider.
4. Please **avoid alcohol** 48 hours prior to your filler appointment because it can thin your blood and possibly make bruising worse.
5. If you are prone to cold sores (Herpes Simplex), let us know and we will prescribe an oral prophylactic anti-viral medication such as Valtrex or Famvir.
6. Avoid having any dental procedures 2 weeks prior and 2 weeks after your procedure.
7. To help with bruising, you may purchase Arnica tablets from your pharmacy and start taking them 3 days before your procedure.

What do I do after Sculptra?

1. You will want to apply a cool compress or ice pack for 10-15 minutes, 3-4 times a day for the first 24 hours after the procedure to minimize swelling and bruising.
2. **Gently massage the treated area for 5 minutes, 5 times per day for 5 days.**
3. You can apply makeup later that evening and resume your normal skin care regimen if no complications are present.
4. Avoid excessive sun and heat exposure for at least 48 hours after the procedure, until any initial swelling and redness has resolved.
5. Avoid strenuous activity or exercise for 48 hours after the procedure.
6. You may continue to take Arnica tablets and apply Arnica gel or cream to the injection sites to help with bruising.

If you have any questions, please do not hesitate to call us. We can be reached by phone at 985-727-7701.