

SCULPTRA PRE TREATMENT INSTRUCTIONS

- Arrive in the office with a clean face and no makeup. If you arrive with makeup on your face, it can be washed off in the office. It is not necessary to remove eye makeup.
- The most common side effects with Sculptra include injection-related side effects such as bleeding, tenderness or pain, redness, bruising or swelling.
- After the procedure you may also be somewhat swollen and sore in the areas injected, particularly in the temple areas of the face.
- Avoid the following substances for at least **7 days** prior to your treatment as they may increase the risk of bruising:
 - Aspirin or other anticoagulant drugs, Nonsteroidal anti-inflammatory drugs (i.e. Ibuprofen, Naproxen, and Diclofenac), Wine/Alcohol, Vitamin E, Fish oil, St. John's wart, Garlic tablets, Ginkgo biloba, and Ginseng.
- To further minimize the risk of bruising we recommend taking Arnica pills prior to or immediately following the procedure. These may be purchased in our office.
- If bruising does occur, we recommend the use of Arnica cream. This is also for sale in the office and should be massaged into the bruised area. This will help decrease the duration of the bruising.
- Blood thinners should also be avoided prior to treatment. If you are on any blood thinners this must be discussed in detail with Dr. Parker.

SCULPTRA POST PROCEDURE INSTRUCTIONS

What can I expect after treatment?

Immediately following a treatment sessions with Sculptra, redness, swelling, pain, bruising or all of these signs can happen in the treatment area. These signs usually go away in a few hours to a few days. Some side effects may last up to 14 day. Cool compresses will relieve many of these side effects. Compresses should be used for 20 minutes on and 20 minutes off.

What do I have to do after the treatment?

You must massage the treated areas for 5 minutes 5 times a day for 5 days after the treatment session or for at least 10 to 15 minutes twice a day. Continue to gently feel and massage your face for up to 2 weeks. If you feel a lump at any time during the next two weeks, massage it gently and it will probably go away. If it does not, call 303-782-5082 to set up a consult with Dr. Parker.

How quickly can I get back to my daily activities?

In the first 24 hours after injection: avoid strenuous exercise, extensive sun or heat exposure, and alcoholic beverages. Exposure to any of the above may cause temporary redness, swelling, and/or itching at the injection sites.

When will I be able to apply make-up after treatment?

Make-up may be applied a few hours after treatment.