

## Sculptra Aesthetic Treatment Guidelines

Sculptra Aesthetic (injectable poly-L-lactic acid) is a non-surgical, cosmetic treatment to reduce facial lines and wrinkles, and create a fuller, more youthful appearance to your face.

### Medications to Discontinue 7 Days Before Treatment to Reduce Bruising

- |                                    |                 |
|------------------------------------|-----------------|
| - Aspirin*                         | - Vitamin E     |
| - Ibuprofen (Motrin, Advil, Aleve) | - Ginger        |
| - St. John's Wort                  | - Ginkgo Biloba |
| - Omega 3 fatty acids (Fish Oil)   | - Ginseng       |

\*if you have been prescribed Aspirin, do not discontinue unless okayed by the prescribing physician

**Cold Sores:** If you have a history of cold sores, ask us about pre-care instructions.

### Side Effects

The intensity and duration of your side effects depends on the treatment aggressiveness and your individual healing characteristics, but usually can last up to a week after treatment.

- **Swelling:** You will notice most of the swelling the first morning after treatment, particularly under the eyes. Swelling usually lasts two to three days. To minimize swelling:
  - Apply cold compresses to the treatment area for 10 minutes every hour
  - Sleep elevated the first night. Use as many pillows as you can tolerate.
  - Take Arnica Montana and/or Bromelain supplements, which can be found at your local pharmacy or herbal supplement store.
- **Redness:** You may apply makeup immediately after treatment to minimize the redness.
- **Tenderness/Pain:** You may take Advil or Tylenol if necessary.

### After Treatment Massage

- **Use the rule of 5. Massage for 5 minutes, 5 times a day, for 5 days:** This is necessary to distribute the product evenly and to increase the effectiveness of the product. Even if it may be slightly uncomfortable to massage the area for the first couple of days, it is still necessary. The easiest time to massage is when the face is moistened with a cleanser or moisturizer, and in the shower.

### After Treatment Skin Care

- **Avoid Excessive Sun and Heat:** Until any initial swelling and redness has resolved.. This includes aggressive exercise.
- **Sunscreen:** Proper and frequent application of sunscreen is always important. The sunscreen should offer broadband protection (UVA and UVB) and have a sun protection factor (SPF) of 30 or more. You should apply sunscreen 20 minutes before going outside, and again, immediately before. After that, reapply your sunscreen every 2 hours. If direct sun exposure is necessary, wear a hat and clothing that covers the treated area. Use this regimen during the healing period and always.

### Frequently Asked Questions

**Q: How does Sculptra Aesthetic work?**

A: Sculptra Aesthetic is a volumizer made of poly-L-lactic acid that stimulates the body to produce new collagen, replacing the natural volume (fat) loss that occurs with age. Sculptra Aesthetic works gradually, resulting in a more youthful looking appearance without making it look like you have had work done.

**Q: How many Sculptra Aesthetic treatments are recommended for optimal results?**

A: This depends on your particular needs, but on average patients need ~3 treatment sessions, each 4 weeks apart.

**Q: How long will the results from Sculptra Aesthetic last?**

A: Sculptra Aesthetic is the only facial injectable that can last more than 2 years.

**Q: How much social downtime is required?**

A: You may have swelling, numbness and redness for a few hours following the procedure, but can go back to work as soon as you feel comfortable with the way you look.

**Q: Does Sculptra Aesthetic treatments hurt?**

A: Topical anesthesia is applied before the procedure to minimize discomfort. We also mix Sculptra Aesthetic with a numbing agent to further ensure comfort. Lastly, we can offer oral pain medication and/or anxiety medication if you have someone else to drive you home, but this is usually not necessary.

**Q: What side effects can I expect and how long will they last?**

A: As with most injectables, common side effects are tenderness, pain, redness, itching, bruising and/or swelling are sometimes reported. These are normal side effects from the result of an injection. The majority of these resolve without treatment, within a few days.

**Q: When will I start seeing results?**

A: Immediately after treatment, you will have some swelling giving your face a more volumized appearance. However, within a few days this swelling will go down, making it look as if you did not have anything done. Over the next few weeks your body will slowly begin to grow collagen. Most patients start to see results after about three weeks. Over the next few months, the results will continue to improve.

**If you have any additional questions or concerns, please do not hesitate to call!**