



Sculptra Pre and Post Instructions

<PersonallInfo.FullName>

<PersonallInfo.DOB>

Please read and follow all instructions listed below to learn how to prepare for your treatment and receive the best possible results. This procedure has a minimal recovery period depending on treatment level and skin response.

If you have any questions or concerns regarding your treatment or the aftercare, please call (970) 223-0193. If you have an emergency, please call 911 or visit an emergency room.

- PREPARING FOR YOUR TREATMENT -

For 24-48 hours before treatment, limit high sodium foods, alcohol, or any over the counter anti-inflammatory including; Ibuprofen, Advil and fish oils to decrease your chance of bruising.

Verify your pharmacy is current, pick-up your prescriptions and follow the instructions provided:

Acyclovir (antiviral/for those with a history of cold sores) – **Begin 2 days prior to treatment.**

*Depending on area being treated, medications may not apply to you.

Item Checklist

*HA5 Hydra Collagen & TNS Advanced Serum available for purchase
Gentle Cleanser
Sunblock (SPF 50+)
VitaRich (available for purchase) helps during massage

- THE DAY OF YOUR PROCEDURE –

AFTER TREATMENT IS COMPLETED

- **Temporary redness and swelling, tenderness and discomfort at the injection site, may occur along with a delayed appearance of small bumps under the skin.** Ice packs may be applied for no more than 10 minutes at a time, may help reduce any areas of discomfort.
- **Massage the injected site 5 times daily, 5 minutes each time for the first 5 days.**
- **Elevate the head** with two pillows while sleeping during the first few days to minimize swelling.
- **Until the initial redness and swelling dissipates**, avoid exposure of the treated area to intense heat such as sun lamps, sun bathing, FotoFacial treatments etc.
- **Although we encourage you to resume normal activities almost immediately**, we do ask that you refrain from vigorous activities for at least 24 hours after the treatment.

SUN BLOCK MUST BE WORN EVERY DAY AND REAPPLIED EVERY TWO (2) HOURS, EVEN WHEN NOT IN DIRECT SUNLIGHT. KEEP SUN EXPOSURE VERY LIMITED FOR THE NEXT 30 DAYS.

