



PONTE VEDRA  
PLASTIC SURGERY

## **Pre and Post Care Instructions for Sculptra**

### **Pre Care Instructions**

- Avoid the use of Aspirin, NSAIDs, Ginkgo Biloba, Garlic Supplements, Green Tea, Flax Oil, Cod Liver Oil, Vitamins A and E, and essential fatty acids for up to 1 week pre and post-injection as they will increase your risk of bruising.
- Do not drink alcoholic beverages 24 hours before (or after) your treatment to avoid extra bruising
- You may take Arnica tablets 2-3 days prior to your injection to reduce the risk of bruising
- Do not apply products that are potentially irritating for 2-3 days before and after treatment (examples - tretinoin/retin-a, glycolic acid, benzoyl peroxide, hydroquinone)
- Inform your provider if you have a history of cold sores to receive advice on antiviral therapy prior to treatment
- Do not use the above-stated if you are pregnant or breastfeeding or are allergic to any of its ingredients. Please inform your provider if you have any questions about this prior to the treatment.

### **Day of Treatment**

- Arrive with a clean face. Please do not wear makeup.
- You may experience a mild amount of tenderness or stinging during and following injection.
- Redness and swelling are normal. Some bruising may also be visible.

### **Post Care Instructions**

- Ice (but avoid firm pressure) for 15 minutes, 3 times the day of treatment
- You may take Acetaminophen/Tylenol if you experience any mild tenderness/discomfort
- Massage the areas **5** times a day, for **5** minutes each time, for **5** days after treatment
- After treatment, there will be moderate swelling and redness with possibility of bruising. These symptoms will resolve in about 7 days. You may apply or take Arnica tablets to decrease the amount of bruising.
- Avoid extended UV exposure until any redness/swelling has subsided. Apply SPF.
- Avoid strenuous exercise for 24 hours to reduce bruising. You may resume other normal activities/routines immediately.
- Avoid laser, IPL, or skin tightening treatments of the area for at least 2-3 weeks.