PIMA DERMATOLOGY

SCULPTRA® PRE & POST-TREATMENT INSTRUCTIONS

Scheduling Considerations: Sculptra injections can cause moderate to severe bruising, so it best advised to avoid scheduling your treatment close to vacations, travel, special events, family photos, or other important plans during this healing time.

Pre-Treatment Instructions

- **Inform your provider if you have a history of recurring facial or oral herpes (cold sores / fever blisters).** Your provider may prescribe an oral antiviral medicine to be started the day of your treatment.
- **Avoid dental work** (including standard teeth cleaning) at least 2 weeks prior to treatment and one month following treatment. Avoid oral surgery at least 4 weeks prior to treatment and one month following treatment.
- **Vaccines**: Please wait at least **two weeks before** dermal filler and **two weeks after** dermal filler to receive a vaccine (i.e. Covid, Flu).
- 7 DAYS BEFORE treatment**:** To help reduce bruising and swelling, avoid over-the-counter anti-inflammatory medications (NSAIDs), such as aspirin, ibuprofen (Motrin), and naproxen (Aleve), unless otherwise directed by your healthcare provider. Also avoid herbal supplements that may increase bruising, such as garlic, Vitamin E, ginkgo biloba, St. John's wort, and omega-3 (fish oil) supplements. **Important:** Do not stop prescribed aspirin, blood thinners, or other prescribed medications without first consulting your prescribing healthcare provider.
- 3 DAYS BEFORE treatment: AVOID topical products such as Tretinoin (Retin-A), Retinols, Retinoids, Glycolic Acid, Alpha Hydroxy Acid, or other "anti-aging" products. Also AVOID waxing, bleaching, tweezing, or the use of hair removal cream on the area to be treated.
- **Do not drink alcoholic beverages 24 hours before (or after) your treatment** to avoid extra bruising.
- **Inform your provider if you have recently had skin therapies** such as laser treatment, mechanical or chemical peels or hair removal. This may lead to increased risk of side effects such as redness, swelling, heat or pain of the skin.
- **Do not use** Sculptra® **if you are pregnant or breastfeeding, are allergic to any of its ingredients**, **or suffer from any neurological disorders**. Please inform your provider if you have any questions about this prior to the treatment.

Day of Treatment

- Arrive to the office with a "clean face". **Please do not wear makeup**.
- To maximize your comfort during the procedure, a topical anesthetic may be applied. In some cases, a local numbing medication will be injected into or around the area(s) to be treated.
- You may experience a mild amount of tenderness or a stinging sensation following injection.
- To ensure a smooth and even correction, your provider may massage the area(s) treated, which may cause a temporary, minimal amount of redness to your skin.

Immediately After Treatment

- After the injection(s) some common injection-related reaction will likely occur, this may include swelling, redness, pain, itching, **moderate to severe bruising**, discoloration, and tenderness at the injection site. These typically resolve spontaneously, usually within 1 to 15 days after injection.
- Depending upon the area(s) treated and product(s) used, you may feel "firmness" in the treated area(s) for 1 to 2 weeks after treatment. Over time, the area(s) will soften and "settle".

Please see reverse side of page.

- **Some patients may experience mild discomfort or soreness in the jaw or facial area following treatment**. While not universally reported, if you do notice any tenderness or mild difficulty chewing, a soft-food diet for a day or two may help ease discomfort.

Post-Treatment Instructions

- Apply an ice or cold gel pack to the area(s) treated (avoiding pressure) as this helps reduce swelling and the potential for bruising.
- Once you have adequately cooled/iced the area(s) as instructed and any pinpoint bleeding from the injection site(s) has subsided, you may begin wearing makeup.

IMPORTANT: You Must Follow These Massage Instructions:
THE 5, 5, 5

In duration, a feeling of fullness or thickness can be felt in the injection area. This is a normal response to treated tissue and process of inflammation. **Simply massaging the treated areas gently 5 times per day for 5 minutes, for 5 days after the injection can help minimize in duration.**

- Because Sculptra® therapy injections are administered in a solution containing water, there will be an initial swelling (edema) that will be noticeable for at least several hours and perhaps as long as several days. This effect is temporary and does not affect the long-term tissue response.
- Small bumps under the skin, termed micro-nodules, which may be non-visible, may be felt in the areas of treatment. Usually, these bumps may only be felt when pressing on the skin. Micronodules typically last from 6 to 12 months and may spontaneously disappear. They usually do not require treatment and usually do not have any symptoms.
- **AVOID or minimize hard (strenuous) exercise and exposure to extensive sun**, UV lamps, indoor tanning beds/booths, or extreme temperatures within the first 24 hours after treatment; you may resume other normal activities/routines immediately.
- As with all injections, this procedure carries the risk of infection. The syringe is sterile and standard precautions associated with injectable materials have been taken.
- Avoid NSAIDs (e.g., ibuprofen, naproxen, aspirin) for **at least 24 hours after treatment** to reduce bruising and swelling risk.
- **You may take Acetaminophen/*Tylenol*** if you experience any mild tenderness or discomfort.
- **AVOID extended UV exposure** until any redness/swelling has subsided. Be sure to apply an SPF 30 or higher sunscreen.
- Wait a minimum of four weeks (or as directed by your provider) before receiving any skincare or laser treatments.
- **If you experience significant bruising following your treatment, we offer a *complimentary* Pulsed Dye Laser procedure at 2 to 3 days post treatment. This laser can help dissipate the bruise and clear it faster.**
- Untreated bruising will generally fade in 5 to 14 days.

Contact the Office Immediately if Any of the Following Signs of Infection Occur:

- **Signs of infection:** increasing redness, warmth, swelling, fever, chills, or drainage.
- **Severe, worsening, or unusual pain/swelling:** including rapidly growing swelling, painful lumps, or symptoms that don't improve.
- **Skin color changes:** pale, white, gray, or bluish areas, especially if accompanied by pain.
- **Allergic-type reactions or anything concerning:** rash, hives, difficulty breathing (seek emergency care), or any symptom that feels unusual or worrisome.

Please contact us at 520.795.7729 if you have any questions or concerns.