

SCULPTRA PRE-TREATMENT

- Schedule your collagen-building Sculptra treatment at least 2-4 weeks prior to any special events (weddings, vacations, etc.) you may be attending.
- Bruising and swelling are always possible with injectables and may be apparent in this 2-4 week time period.
- Sculptra takes 3-6 months to see results.
- Reschedule your appointment at least 24 hours in advance if you are sick, have a cold, a cold sore is present or have a rash on the area to be injected.
- Some patients become lightheaded during injectable treatments. Arriving for your appointment well-nourished and hydrated helps to decrease the chance of lightheadedness.

ONE WEEK PRIOR TO TREATMENT:

- If possible, avoid anti-inflammatory/blood-thinning medications for one week before treatment. Medications and supplements such as Aspirin, Vitamin E, Ginkgo Biloba, Ginseng, St. John's Wort, Omega 3, Fish Oil supplements, Ibuprofen, Motrin, Advil, Naproxen (Aleve), and other NSAIDS have a blood-thinning effect and can increase the risk of bruising and swelling after injections.
- If you have medical concerns or questions regarding stopping any of these medications or supplements, please consult with your prescribing physician.
- You may take Acetaminophen (Tylenol) for any pain management you may need prior to your treatment.

TWO DAYS PRIOR TO TREATMENT:

- You may take Arnica to help with possible bruising and swelling.

ONE DAY PRIOR TO TREATMENT:

- You may eat fresh pineapple or take a bromelain supplement for anti-inflammatory benefits.
- Avoid alcoholic beverages - especially red wine - at least 24 hours prior to treatment (alcohol may thin the blood and increase the risk of bruising).