

Sculptra

BEFORE YOUR TREATMENT

- Notify your doctor of any history of cold sores, current medicines and blood thinners
- Plan for up to 2 weeks of bruising/discoloration. This CAN be covered with makeup.
- Discontinue Aspirin, Fish oil, and Motrin/Aleve
- Avoid ALcoholic beverages for 24 hours before procedure
- Drink plenty of water for 2-3 days after the procedure as this will help promote the collagen stimulating effects of the treatment.

DURING THE TREATMENT

- Please arrive with a very clean face and no makeup.
- Your skin will be numbed with a lidocaine/betacaine/tetracaine cream. This will reduce most of any painful sensations for most patients.
- You may experience pressure and slight discomfort that is brief during the injections.

AFTER THE TREATMENT

- **You must massage the treated areas for 5 minutes, 5 times per day, for 5 days. Firmly massage the entire treatment area 5 x daily for 5 minutes for 5 days with your fingers and a greasy moisturizer or Arnica cream. Small rice grain sized collections of collagen can occasionally be felt after 3-6 months as the collagen stimulating effect of this treatment reaches a peak. These will generally be reabsorbed and reduced.**
- During the first 24-48 hours after treatment, you may experience redness, swelling and tenderness in the treated areas. This is normal and will resolve over the next 2-4 days. Bruising at the site of injection is also possible and can last 2 weeks
- Swelling and bruising can give the appearance of 'unevenness' in the area treated. This will settle once the swelling and bruising has gone.
- Avoid other aesthetic procedures such as lasers, injections, and facials for 3 weeks.
- Avoid exercise or excessive exertion, sun exposure, steam or sauna for 48 hours.
- Within the first 24 hours of treatment, you may apply a cloth-wrapped cold pack to the treated area for a few minutes at a time. Never apply ice directly to the skin.
- Arnica tablets and/or cream may help alleviate bruising.
- No dental work for 2 weeks before or after treatments

Please note that Sculptra is a powder which must be reconstituted and suspended in sterile water before injecting it into the skin. Immediately after your treatment you will feel full in the areas treated, which is a direct effect from the water injected into those areas. This fullness will completely disappear over several hours. Collagen stimulation will naturally start to occur approximately 8-12 weeks after the treatment and will reach a peak within the first 6 months. Please do not equate the lack of immediate results with treatment failure – the results are delayed and will be slowly increasing over time.

IMPORTANT NOTE

In some treatments there is a small risk that the injectable will press on small blood vessels causing a reduced circulation of blood to the skin. This can lead to tissue damage and possibly scarring.

If you experience prolonged pain in the area injected and/or a change in skin color (paleness, white or dusky gray discoloration as opposed to the purplish/red color of a bruise) within 24 hours after your treatment, please contact us immediately at 248-338-6400 or if after hours please call 248-326-6020.

If you suffer any allergic responses, prolonged generalized symptoms, or if any lumps/unevenness persists after 5-7 days please call us.