



SCULPTRA

Sculptra is an injectable used to stimulate collagen production in areas that that are experiencing laxity or hollowing. Sculptra contains Poly-L-lactic acid (PLLA) as the active ingredient. PLLA is a biocompatible synthetic ingredient manufactured specifically to induce collagen production, helping restore fullness to facial depletion. Results are a softer, natural, and more youthful appearance. In most cases, patients can see the full results of Sculptra after 2-4 sessions with four to six weeks between treatments. Sculptra results can last for up to two years and does require minimal yearly maintenance to keep it fresh.

PRE-TREATMENT

- AVOID taking aspirin, Motrin, ibuprofen, Naproxen, Aleve, Vitamin E, Ginkgo Biloba, fish oil, St. John's Wort, garlic pills, or other anti-inflammatory medications for 1-2 weeks if okay with your primary physician. These medications can increase the risk of bruising. For mild pain or headaches Tylenol is preferred.
- DO consider taking over the counter Arnica supplements (available at The Derm Institute, most supplement stores, Whole Foods) starting 3-5 days before your treatment as they have been shown to decrease bruising.
- DO inform your nurse or physician if you have a history of medication allergies, history of anaphylaxis, and any other medical problems.
- The ideal time to schedule this procedure is at LEAST 2-6 weeks before a big event.

POST-TREATMENT

- DO massage the treated areas 5 times a day for about 5 minutes for 5 days after treatment if advised by your medical provider.
- DO hold ice packs on the treated areas gently for about 3-5 minutes a few times that day if advised by your medical provider.
- Makeup may be applied a few hours after, if necessary.
- Treated areas may be red, swollen, and bruised for the first 2-7 days.
- Do NOT get a facial or massage for 2 weeks after your Sculptra procedure.
- Avoid strenuous workouts and alcohol for 24 hours if possible.
- If bruising occurs, continue Arnica supplements, apply topical Arnica gel, drink fresh pineapple juice, and/or take Bromelain supplements to help bruising resolve faster.
- Bruising can be covered with makeup. i.e. Dermablend or Colorscience Corrective Palette.
- A few days after treatment, you will look as you did before treatment. This is normal, over time Sculptra will replace lost collagen.
- Schedule your Follow-Up Treatment:
 - Follow up treatments should be scheduled around 4-6 weeks
 - Visible results may not be seen until 3 sessions have been completed
 - Results can last more than two years