



SCULPTRA Pre & Post Care

*Cannot receive if you are pregnant or breastfeeding

*Cannot have allergies to any of its ingredients or have a medical condition that cause irregular scarring.

*Schedule important events 7-14 days after treatment. You may have some bruising.

Pre-Treatment

- AVOID anti-inflammatory, blood-thinning medications a few days before treatment, such as aspirin, ibuprofen, omega-3s, St. John's Wort, Vitamin E, Gingko Biloba, etc..
- AVOID alcoholic beverages for 24 hours before your appointment. Alcohol can thin the blood and increase bruising.
- You can start Arnica supplements a week prior to injection to help with post injection bruises.

Treatment Day

Come to appointment with clean skin, no lotion. Cleansing products are available for your convenience, please arrive 10 minutes early if you need to wash your face.

What to Expect

Your provider will map the injection sites on your skin and cleanse the area.

A numbing agent will be placed at injection sites for comfort. You may have swelling, redness, pain, and bruising. Lumps under the skin and discoloration have also been reported but will resolve. Most people can return to normal activities immediately after treatment. You will be asked to massage the area for five minutes at a time, five times a day, for 5 days following treatment.

Aftercare

- Massage the treated area for 5 min, 5 times per day for 5 days after your treatment.
- Within the first few hours after your treatment, apply icepack or ice wrapped in a cloth (avoid putting ice directly on your skin) to the treatment area to help reduce swelling.
- You may apply makeup a few hours after Sculptra if no complications are present (for example, open wounds or bleeding)
- Avoid sun and UV sunlamp exposure until swelling and redness have disappeared
- Report any worsening or longer-lasting signs or symptoms to you provider.
- A few days after treatment as the body absorbs the injection fluid, you may look as you did before treatment. This is normal and temporary as Sculptra works to gradually replace lost collagen. Visible results typically appear within 2-3 months.

Please contact Cheeky Medspa at (907) 252-3198 if you have any questions, concerns, or compliments regarding your treatment.