

# SOUTHEASTERN

DERMATOLOGY

MEDICAL · SURGICAL · COSMETIC

MATTHEW B. DOPPELT, D.O., F.A.O.C.D., F.A.A.D.

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## Pre/Post Procedure Instructions: **Sculptra**

### BEFORE PROCEDURE:

- Medications to discontinue 7 days before treatment to reduce bruising:
  - Aspirin\*, Ibuprofen (Motrin, Advil, Aleve, Naproxen), Vitamin E, Ginko Biloba, Omega 3 fatty acids (fish oil), St. John's Wort, garlic pills, ginseng, any other anti-inflammatory medications
  - \*If you have been prescribed Aspirin, do not discontinue unless okayed by the prescribing physician.
- If you have a history of cold sores, ask us about pre-care instructions.

### AFTER PROCEDURE:

- Use the Rule Of 5: massage the treated area for 5 minutes, 5 times a day, for 5 days after treatment.
- DO hold ice packs on the treated area gently for about 3-5 minutes a few times that day.
- DO NOT get a facial or massage for 2 weeks after.
- Avoid strenuous workouts and alcohol for 24 hours if possible.
- Treated areas may be red, swollen, and bruised for the first 2-7 days.
- Bruising can be covered with make-up; use yellow tinted concealers to camouflage blue/purplish bruising.
- A few days after treatment, you will look as you did before treatment. This is normal. Over time, Sculptra will replace lost collagen.

### FOLLOW-UP TREATMENT:

- Follow up treatments should be scheduled about every 6 weeks.
- Visible results may not be seen until 3 sessions have been completed, but can be seen as early as 4-6 weeks.
- Results can last more than two years.

*We want you to have an outstanding result. If you have any questions or unexpected concerns, please call the office for assistance.*

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