



La Jolla Cosmetic  
Medical Spa  
est. 2013

## Sculptra™ Pre and Post Care

### PREPARING FOR YOUR TREATMENT

- Discontinue omega-3 fish oils, Vitamin E, St. John's Wart, Aspirin, Ibuprofen, Naproxen (Aleve) and anything containing these (cold medicine, Alka-Seltzer, etc) for a minimum of 3 days before your treatment. If you are taking a medically prescribed blood thinner or any type of steroid, please notify your practitioner prior to treatment. Bruising is a risk whenever the skin is broken, and these medications can increase your risk of bruising.
- If you tend to bruise easily or cannot discontinue any of the above medications, pretreatment with our arnica kits is highly recommended. The arnica kit is available for purchase (\$30) at our office and consists of a topical and oral medical grade arnica/bromelain supplement.

### AFTER YOUR TREATMENT

- Immediately following treatment you may notice mild redness, swelling, pain, and/or bruising in the treatment area. These usually go away in a few hours to a few days. Bruising, if present, may last longer.
- Within the first 24 hours, apply ice or an ice pack wrapped in cloth (avoid putting ice directly on your skin) to the treatment area to help reduce swelling.
- Massage the treated area for 5 minutes 5 times a day for 5 days after your treatment.
- You may take acetaminophen or ibuprofen for discomfort if needed.
- Avoid sun and UV sunlamp exposure until the redness and swelling have disappeared.
- You should avoid close contact with pets after treatment such as sleeping, cuddling, or allowing them to "kiss" lick you. No matter how clean they are, pets carry germs that are different to human germs. These germs can transmit diseases and cause infections. This could alter your result in a negative way requiring antibiotics, and even additional procedures or treatments. Ask your provider when it is safe to resume close contact
- You may apply make-up a few hours after your treatment.
- Report any worsening or longer-lasting signs or symptoms to our office.
- You may resume your regular daily activities immediately after treatment and may resume exercising the next day.
- Remember that a few days after treatment you may look as you did before treatment. This is normal and temporary. Sculptra Aesthetic works to gradually replace lost collagen. Best results and full correction usually occur after several treatments