

WEST HILLS DERMATOLOGY GROUP

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Sculptra Aesthetic Instructions



Sculptra® Aesthetic | anti-age for the modern age
Injectable poly-L-lactic acid

Pre-Sculptra Instructions:

- Do NOT take aspirin, ibuprofen, Motrin, 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 (acetaminophen) is preferred.
- DO consider taking over the counter Arnica supplements (available at The Derm Institute, most supplement stores, Whole Foods, etc.) 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 weeks before a big event.

Post-Sculptra Instructions:

- DO massage the treated areas 5 times a day for about 5 minutes for 5 days after treatment.
- DO hold ice packs on the treated areas gently for about 3-5 minutes, a few times that day.
- Feel free to wear makeup a few hours after.
- 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 filler procedure.
- Avoid strenuous workouts and alcohol for 24 hours if possible.
- If bruising occurs, continue Arnica supplements, DO apply topical Arnica gel, drink fresh pineapple juice, and/or take Bromelain supplements to help bruising resolve faster.
- Bruising can be covered with makeup. Examples: Dermablend (Ulta) or Colorescience 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.

We want you to have an outstanding result. If you have any questions or unexpected concerns, please call the office for assistance at 818-592-6005.