

## Things to Avoid before Sculptra

\*Ginkgo

\*Garlic

\*Fish oil

\*Advil

\*Ibuprofen

\*NSAIDS

\*Vitamin E

\*Alcohol

\*Blood thinners (Coumadin) **Please consult with Dr. before any PRESCRIPTION MEDICATION IS STOPPED**

\*Omega 3

You can take Tylenol for pain relief and Arnica, which is a homeopathic, this helps with bruising. You can start taking this a week prior to procedure. Arnica can be purchased from our office at time of consultation.