

## **Sculptra Aesthetic Treatment Guidelines**

**By Shaun Patel, M.D.**

Sculptra Aesthetic (injectable poly-L-lactic acid) is a collagen stimulating “filler” used to reduce facial lines and wrinkles and to achieve a fuller, more youthful appearing face.

### **Medications to discontinue 7 days before your treatment to reduce bruising**

To reduce the chances of bruising, avoid blood thinners such as those listed below for 7 days prior to your treatment. Importantly, do not stop any prescription blood thinners or other medications (even Aspirin) if prescribed by a doctor.

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|------------------------------------|-------------------|
| - Fish oil (omega 3 fatty acids)   | - Ginger          |
| - Aspirin***                       | - Ginkgo Biloba   |
| - Ibuprofen (Advil, Aleve, Motrin) | - Ginseng         |
| - Vitamin E                        | - St. John’s Wort |

\*\*\*If you have been prescribed Aspirin, do not discontinue unless okayed by the prescribing physician.

### **Other Pretreatment Instructions**

- Avoid wearing makeup to your appointment.
- Drink water and eat something prior to your treatment.
- Do not plan any dental procedures 2 weeks prior to and 2 weeks after your treatment.
- If you have ever had a cold sore, please let our office and Dr. Patel know. We may write you a prescription for a medication to help prevent cold sore recurrence from your treatment.

### **Aftercare Instructions**

- **Massage the treated area for 5 minutes, 5 times per day for 5 days after treatment.**  
The massage is necessary to distribute the product evenly. Even if it is slightly painful to massage the treated areas for the first couple of days, it is still necessary.
- Within the first 24 hours after your treatment, apply an icepack or ice wrapped in a cloth (avoid putting ice directly on your skin) to the treatment area to help reduce swelling.
- You may start applying make-up 4 hours after treatment.
- Avoid sun and UV exposure until swelling and redness have resolved. Proper sunscreen use is always important.

### **Points to remember after your Sculptra treatment**

- A few days after treatment, the post treatment swelling will have resolved and your face will look as it did before treatment. This is normal and temporary. Over the next couple of weeks, your body will slowly begin to produce collagen. It's important to remember that Sculptra works over weeks to months to gradually replace lost collagen.
- You should start seeing results after the first few treatment sessions.
- Most patients require multiple treatments with Sculptra for optimal results. On average patients need 3 treatment sessions with each spaced 1 month apart.

Please call the clinic with any questions. If you have any worsening or longer lasting signs or symptoms after treatment, please call the clinic or send a Klara message to Dr. Patel's team. You can also email Dr. Patel directly at [spatel@miamiskinandvein.com](mailto:spatel@miamiskinandvein.com).