

Sculptra Treatment Instructions

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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.

Pre-treatment Instructions

- Avoid wearing makeup to your appointment.
- Avoid blood thinners for 1 week prior to your treatment to reduce chance of bruising.
- Drink water and eat something prior to your treatment.
- Do not plan any dental procedures 2 weeks prior to and after your Sculptra treatment.

Post-treatment 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.
- Do not apply makeup for 4 hours after your treatment.
- Avoid heavy exercise or excessive heat (sauna, hot tub) for 24 hours.
- Apply cold compresses to the treatment area for 10 minutes. Do this a few times each hour for the first 12-24 hours if possible. This will help with bruising and swelling.

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.

List of blood thinning medications and supplements to stop prior to treatment:

1. Pain relievers such as Aspirin, Ibuprofen (Advil, Motrin), and Naproxen (Aleve)
2. Fish oil
3. Vitamin E
4. Ginger, Ginkgo and Garlic containing supplements
5. Other herbal supplements known to increase risk of bruising

Do not stop any medications prescribed by a doctor