

## **SCULPTRA AESTHETIC**

### **What should I do before my treatments?**

1. Do not schedule injections one to two weeks before an important social or professional engagement due to the possibility of redness, swelling and bruising from the procedure.
2. Plan on arriving 1-1/2 hours prior to your procedure time to have pre-treatment photographs taken and a topical anesthetic cream applied. This will minimize discomfort during the procedure. All make-up and lipstick should be thoroughly washed off prior to your photographs and before application of the anesthetic cream.
3. **Avoid the following 2 weeks prior to your treatment:**
  - a. All anti-inflammatories and blood thinners, including prednisone, aspirin, naproxen, ibuprofen, etc. **If you need these products for your health**, please do not stop your medication without permission from your healthcare provider.
  - b. Supplements that have an anti-inflammatory effect, some of which include: alpha-lipoic acid, acetyl-l-carnitine, cinnamon, clove, CoQ10, camomile, creatine, Echinacea, Ephedra, fish oil, garlic, ginger, ginko, ginseng, glucosamine, glutamine, Goldensea L-carnosine, licorice, milk thistle, omega-3, resveratrol, turmeric, St. John's wort & Vitamin E.
4. Please do not drink alcohol 48 hours prior to your Sculptra appointment because it can thin your blood and possibly make bruising worse.

### **What do I do after my treatments?**

1. You will want to apply ice packs in 20-minute intervals for 24-48 hours to minimize swelling and bruising.
2. You can immediately apply make-up and resume your normal skin care regimen.
3. You should call our clinic if you experience any severe pain or see whitening lasting more than 15 minutes, patterned redness lasting more than 2 hours, delayed redness, yellow bumps or pustules in the treatment area, discoloration in a net-like pattern or formation of sores.

If you have any questions or concerns, please contact our office directly at (713) 497-1417.