



Sculptra Pre + Post Care

SCULPTRA PRE-CARE

- If you have a special event or vacation coming up, please schedule your treatment at least 2 weeks in advance.
- Do not schedule any of the following for 4 weeks before or after Sculptra:
 - Surgery of any kind
 - Internal device placement
 - Tattoos or permanent makeup
 - Any vaccines
- Avoid dental cleaning or dental work (crowns, root canals, etc.) for 1 week prior to and 1 week after treatment.
- If you develop a cold/flu, cold sore, blemish or rash, etc., in the area to be treated prior to your appointment, please wait at least 2 weeks to reschedule.
- Sculptra is not generally recommended if you have a history of surgical face lifts/implants in the past.
- Do not receive Sculptra if you are pregnant or breastfeeding.
- It is recommended to discontinue aspirin, ibuprofen (Motrin, Advil), naproxen (Aleve), platelet inhibitors, anticoagulants, fish oil, vitamin E, vitamin A, ginkgo biloba, ginseng, garlic, kava kava, celery root, and any other herbal or homeopathic remedies that may contribute to bleeding risk at least 1 week prior to Sculptra injections. Consult your primary care provider before discontinuing any of these medications.
- If you have a history of an immunosuppressive disorder, discuss it with your clinician.
- Avoid alcohol, niacin supplements, and cigarettes 24-48 hours before and after your treatment, as these may contribute to increased swelling, bruising, and irritation.
- If you have a history of cold sores, we recommend you are pretreated with valacyclovir (Valtrex) prior to your injections. Please let us know if you need a prescription called into your pharmacy.
- We recommend discontinuing products containing retinols (Retin-A) 3 days prior to treatments to avoid increased redness and irritation.
- Wait at least 2 weeks before and after your Sculptra treatment for any other cosmetic facial treatments, such as laser, ultrasound, peels, facials, microneedling, or microdermabrasion.
- Please come to your Sculptra appointment with no makeup, if possible.
- Allow 2 weeks between Sculptra and neurotoxins (Botox) and fillers.



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- Massage the treated areas using the 5-5-5 rule: Massage areas 5 times a day for 5 minutes each time for the next 5 days. Massage in various directions. If you had Sculptra in the neck, massage one side of the neck at a time, in an upward direction.
- Avoid straining, heavy lifting, vigorous exercise, excessive sun or heat exposure, extreme cold, hot tubs, or saunas for 24 hours following treatment.
- Wait 2 weeks before having any other aesthetic treatments.
- Cold packs may be applied to areas of swelling after injections starting the day of treatment.
- Wearing makeup is not recommended for the next 24 hours.
- You may follow your normal skincare routine that night using gentle cleansers and light washing.
- If a small bump remains 4-6 weeks after your Sculptra treatment, please let us know and we will schedule a follow-up to resolve it.
- Avoid dental work, vaccines, surgeries, tattoos, or permanent makeup for 4 weeks after your Sculptra appointment.
- Common side effects after Sculptra include swelling, bruising, tenderness/soreness, lumps, redness, and itching at the injection sites. Ice/cold packs can help. Please notify us immediately for any intense pain or significant bruising.

If you have any questions during business hours (Monday to Friday, 9 AM to 5 PM), call our office at (612) 299-1221.

