

# SANCTUARY

## DERMATOLOGY

Proper pre-care is essential to achieving optimal results from your treatment. If there are any outstanding questions after reading the information below, please do not hesitate to call us at (504) 454-2997.

### SCULPTRA PRE CARE INSTRUCTIONS

- Please arrive 30 minutes prior to your appointment so that a topical anesthetic can be applied before your procedure.
- Arrive with a clean face. Please do not wear makeup.
- Schedule your injection at a time when possible swelling or bruising will not disrupt your social obligations. Each time you are treated, outcomes may vary.
- To lessen the likelihood of bleeding or bruising, discontinue use of blood thinning products for 10 days prior to treatment, if approved by your primary care provider. This may include aspirin, ibuprofen (Motrin or Advil), or naproxen (Aleve), fish oil.
- Alcohol is also to be avoided 24 hours pre- or post-injectable treatment, as it is also a blood thinner.
- Please notify your provider if you have any history of cold sores, as we will consider pre-medicating with an antiviral prescription prior to injections. Cancel your appointment if you have any active sores in or near the treatment area.
- It is important that you alert us of any medical conditions you may have and/or any prescribed medications you are taking prior to your treatment.
- Any injection introduces the risk for infection. For this reason, the following is taken into consideration when proceeding with injections. We may delay injectables if you:
  - Have had any infection, cold, virus, or flu in the past 30 days.
  - Have had any dental procedures in the past 30 days or are anticipating dental procedures or cleanings in the next 30 days.
  - Have had a surgical procedure in the past 30 days or are anticipating a surgery or procedure.
  - Have had any immunizations in the past 30 days or if you're anticipating immunizations.
  - Have had any tattooing or permanent makeup within the past 30 days.
  - Take any immunosuppressive/injectable medications.
  - Additional contraindications: Pregnancy, breastfeeding, allergies to components of dermal fillers, open sores in areas to be treated.

Feel free to bring your  
earbuds or headphones.  
Our iPads will be  
available for your  
entertainment while you  
wait for your procedure.

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Proper post-care is essential to achieving optimal results from your treatment. If there are any outstanding questions after reading the information below, please do not hesitate to call us at (504) 454-2997.

### SCULPTRA POST CARE INSTRUCTIONS

- Massage the treated areas 5 times a day for about 5 minutes for 5 days after treatment. This is important to minimize the risk of nodule formation after treatment.
- Mild headache and jaw discomfort is possible after treatment and may last a few days. Tylenol may be used to decrease discomfort.
- Hold ice packs on the treated areas gently for about 3-5 minutes a few times the day of treatment.
- It is ok to wear makeup a few hours after.
- After treatment there will be moderate swelling and redness with possibility of bruising which can last up to 2 weeks.
- Avoid extended UV exposure because it is a good idea in general. Apply SPF 30 or higher on a daily basis.
- Do not get a facial or massage for 2 weeks after your procedure.
- Avoid strenuous workouts and alcohol for 24 hours if possible. You may resume other normal activities/routines immediately.
- Bruising can be covered with makeup.
- Avoid laser, IPL, or skin tightening treatments of the area for at least 2-3 weeks.
- A few days after treatment, you will look as you did before treatment. This is normal, over time, Sculptra will build collagen, but the final result will take months to build.
- Follow up treatments should be scheduled approximately every 4-6 weeks.

### *Treatment Recommendations*

For best results, 3 treatments is recommended, depending on the patient.