



PARFAIRE
Medical Aesthetics

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SCULPTRA® - TREATMENT CARE INSTRUCTIONS

Pre-Treatment Recommendations

- 3 DAYS BEFORE treatment: AVOID topical products such as Tretinoin (Retin-A), Retinols, Retinoids, Glycolic Acid, Alpha Hydroxy Acid. Also AVOID waxing, bleaching, tweezing, or the use of hair removal cream on the area to be treated.
- 7 DAYS BEFORE treatment (**to prevent bruising**): AVOID blood thinning over-the-counter medications such as Aspirin, Motrin, Ibuprofen, and Aleve. Also avoid herbal supplements, such as Garlic, Vitamin E, Ginkgo Biloba, St. John's Wort, and Omega-3 capsules.
- Do not drink alcoholic beverages 24 hours before (or after) your treatment to avoid extra bruising.
- Inform your provider if you have a history of Perioral Herpes to receive advice on antiviral therapy prior to treatment.
- Do not use Sculptra® if you are pregnant or breastfeeding, are allergic to any of its ingredients, or suffer from any neurological disorders.
- Please inform your provider if you have any questions about this prior to the treatment.

What to Expect During Treatment

- To maximize your comfort during the procedure, a topical anesthetic may be applied. In some cases, a local numbing medication will be injected into or around the area(s) to be treated.
- You may experience a mild amount of tenderness or a stinging sensation following injection.
- To ensure a smooth and even correction, your provider may massage the area(s) treated, which may cause a temporary, minimal amount of redness to your skin.

What to Expect Immediately After Treatment

- Redness and swelling are normal. Some bruising may also be visible.
- You may experience some tenderness at the treatment site(s) that can last for a few hours or a few days.
- Depending upon the area(s) treated and product(s) used, you may feel "firmness" in the treated area(s) for 1 to 2 weeks after treatment. Over time, the area(s) will soften and "settle".

Post-Treatment Recommendations

- Apply an ice or cold gel pack to the area(s) treated (avoiding pressure) as this helps reduce swelling and the potential for bruising.
- Once you have adequately cooled/iced the area(s) as instructed and any pinpoint bleeding from the injection site(s) has subsided, you may begin wearing makeup.

THE 5, 5, 5 RULE

Induration, a feeling of fullness or thickness can be felt in the injection area. This is a normal response to treated tissue and the process of inflammation. With or without the presence of induration, we recommend you to **massage the treated areas gently 5 times per day for 5 minutes, for 5 days after the injection.**

- Because Sculptra injections are administered in a solution containing sterile water, there will be an initial swelling (edema) that will be noticeable for at least several hours and perhaps as long as several days. This effect is temporary, and does not affect the long-term tissue response.
- Small bumps under the skin, termed micro-nodules, which may be non-visible, may be felt in the areas of treatment. Usually, these bumps may only be felt when pressing on the skin. Micronodules typically last from 6 to 12 months and may spontaneously disappear. They usually do not require treatment, and usually do not have any symptoms.
- **AVOID** exercise or strenuous activities for the remainder of the treatment day; you may resume other normal activities/routines immediately.
- You may take Acetaminophen/Tylenol if you experience any mild tenderness or discomfort.
- **AVOID extended UV exposure** until any redness/swelling has subsided. Be sure to apply an SPF 40 or higher sunscreen.
- Wait a minimum of four weeks (or as directed by your provider) before receiving any laser treatments.
- If you experience bruising, we recommend tips on bruise reduction and it will generally fade in 5 to 14 days.

Please call our office should you have any questions or concerns regarding your Sculptra treatment or aftercare at (626) 844-7273 (Tue-Sat 10am-6pm), or email us anytime at reception@parfaire.com.

The entire staff at Parfaire Medical Aesthetics committed to patient education, safety and care.