



HOUSE OF BEAUTY

M E D S P A

PRE AND POST CARE INSTRUCTIONS **FOR SCULPTRA**

Pre-Care Instructions

- Avoid the use of Aspirin, NSAIDS, Ginko Biloba, Garlic Supplements, Green Tea, Flax Oil, Cod Liver Oil, Vitamins A and E, and essential fatty acids for up to 1 week pre and post injection as they will increase your risk of bruising.
- Do not drink alcoholic beverages 24 hours before (or after) your treatment to avoid extra bruising.
- You may take Arnica tablets 2-3 days prior to your injection to reduce the risk of bruising
- Do not apply products that are potentially irritating for 2 -3 days before and after treatment (examples- tretinoin/retin-a, glycolic acid, benzoyl peroxide, hydroquinone)
- Inform your provider if you have a history of cold sores to receive advice on antiviral therapy prior to treatment.
- Arrive with a clean face. Please do not wear makeup.
- You may experience a mild amount of tenderness or stinging during and following injection.
- Redness and swelling are normal. Some bruising may also be visible.

Post Care Instructions

- You may take Acetaminophen/Tylenol if you experience any mild tenderness/discomfort.
- Massage the areas 5 times a day, for 5 minutes each time, for 5 days after treatment.
- After treatment there will be moderate swelling and redness with possibility of bruising. These symptoms will resolve in about 7 days. You may apply Arnica gel or take Arnica tablets to help decrease the amount of bruising.
- Avoid extended UV exposure until any redness/swelling has subsided. Apply SPF.
- Avoid strenuous exercise for 24 hours to reduce bruising. You may resume other normal activities/routines immediately.
- Avoid laser, IPL, or skin tightening treatments of the area for at least 2-3 weeks.
- You may continue your topical products as mentioned above 1 week after injection.
- Please contact the office with any urgent questions.