



Sculptra Pre/Post Instructions

Pre-Treatment Instructions:

- Do NOT take Aspirin, Motrin, Ibuprofen, Naproxen, Aleve, Vitamin E, Ginkgo Biloba, Fish Oil, St. John's Wort, garlic pills, or other anti-inflammatory medications for 1-2 weeks if approved by your primary physician. These medications can increase the risk of bruising. For mild pain or headaches Tylenol is preferred.
- DO consider taking over the counter Arnica supplements (available in our office for \$15, most supplement stores, Whole Foods, etc) starting 3-5 days before your treatment as they have been shown to decrease bruising.
- DO inform your nurse or physician if you have a history of medication allergies, history of anaphylaxis, and any other medical problems.
- The ideal time to schedule this procedure (or any filler) is at least 2 weeks before a big event.

Post-Treatment Instructions:

- Massage the treated areas 5 times a day for 5 minutes for 5 days after treatment.
- Ice the treated areas gently for about 20 minutes a few times the day of the treatment
- You may wear makeup a 4 hours after the treatment.
- Treated areas may be red, swollen, and bruised for the first 2-7 days.
- Do NOT get a facial or massage for 2 weeks after your procedure.
- Avoid strenuous workouts, heat, and alcohol for 24 hours if possible.
- If bruising occurs, continue Arnica supplements, apply topical Arnica gel several times per day, drink fresh pineapple juice, and/or take Bromelain supplements (4 tabs 4 times per day) to help bruising resolve faster. You may stop these when bruising resolves. We have Arnica gel and Bromelain available at aNu for purchase if needed.
- Bruising may be covered with makeup.
- A few days after treatment, you will look as you did before treatment. This is normal as the water and swelling has resolved. Over time, Sculptra will replace lost collagen and look as it did when you left the office in a very natural appearance. .

Follow-Up Treatment:

- Follow up treatments should be scheduled about every 4-6 weeks.
- Visible results may not be seen until 3 sessions have been completed.
- Results can last more than two years. However, most patients receive 1 vial annually to maintain results.

Please call the office at 816.359.3310 if you have any questions before or after your Sculptra treatment.