

eighty-two MAGNOLIA AESTHETICS & WELLNESS

Sculptra

Pre Care

- Do NOT take aspirin, Motrin, ibuprofen, Naproxen, Aleve, Vitamin E, Gingko Biloba, fish oil, St Johns Wort, garlic pills, or other anti-inflammatory medications for 1-2 weeks if okay with your primary provider. 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 at most supplement stores, Whole Foods, etc.) starting 3-5 days before your treatment as they have been shown to decrease bruising.
- DO inform your provider if you have any history of medication allergies, history of anaphylaxis, and any other medical problems.
- The ideal time to schedule this procedure is at least 2 weeks before an event. 4 weeks prior is even better!!
- Do not schedule 2 weeks before/after dental work.

Post Care

- DO massage the treated areas 5 times a day for about 5 minutes for 5 days post treatment.
- DO hold cool packs on the treated area gently about 3-5 minutes a few times that day.
- Feel free to wear makeup a few hours post treatment.
- Treated areas may be red, swollen, and bruised for the next 2-7 days.
- Do NOT get facial or massage for 2 weeks after injections.
- Avoid strenuous workouts and consumption of alcohol for 24 hours.
- If bruising occurs, continue Arnica supplements, DO apply topical Arnica gel, drink fresh pineapple juice, and/or take Bromelain supplements to help bruising resolve faster. If bruising is significant, we can consider using IPL to resolve them faster.
- A few days after treatment, you will look as you did before treatment. This is normal. Over time, Sculptra will replace lost collagen and provide a gentle revolumization.

Follow Up Treatment

- Follow up treatments should be scheduled about every 4-6 weeks.
- Visible, long term results may require multiple sessions depending upon your baseline presentation and expected goals.
- Results can last more than 2 years.

Please contact us at (850)889-8982 if you have any questions.