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## SCULPTRA INSTRUCTIONS

### Pre-treatment Instructions

If possible, do not take any Aspirin or NSAID medications (ibuprofen, motrin, advil, etc) for 14 days prior to your procedure, and then only on the advice of your personal physician. Please let your surgeon know if this is not possible prior to your procedure.

Avoiding alcohol for 7 days prior to surgery can help with the healing process.

You do not need to stop any routine skin care products such as retinols, vitamin C, etc prior to a Sculptra treatment unless specified by your physician. You should not undergo Sculptra injections if you are feeling ill or are currently being treated for an active infectious/inflammatory process.

### Post-treatment Instructions

Massage (Rules of 5):

- The treated area should be massaged for 5 minutes, 5 times a day, for 5 days after your treatment.
- This helps to provide the best overall result and minimizes side-effects. Failure to do so may result in lumps or granuloma formation.

Within the first 24 hours after your treatment, apply an icepack or ice wrapped in a cloth (avoid putting ice directly on your skin) to the treatment area to help reduce swelling. Apply this 20 minutes on and 20 minutes off.

You may apply make-up the next day after treatment.

Avoid sun and UV sunlamp exposure until swelling and redness have disappeared. You are cleared for exercise 24 hours after treatment but please be aware that you may have some increased swelling.

Report any worsening or longer-lasting signs or symptoms to your physician.

### Aftercare points to remember:

A few days after treatment, you may look as you did before treatment. This is normal and temporary. Sculptra works to gradually replace lost collagen. Visible results appear a month or so after the 2nd treatment.

The number of sessions needed varies by patient. Typically 2-3 treatments are recommended with treatments spaced 6-8 weeks apart.