



PLATEROTI  
AESTHETICS

**Recommended Pre & Post Instructions for Sculptra**

**Pre-Sculptra instructions:**

Do NOT take aspirin, Motrin, ibuprofen, Naproxen, Aleve, Vitamin E, Gingko Biloba, fish

- St. John's Wort, garlic pills, or other anti-inflammatory medications for 1-2 weeks if okay with 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 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 nurse or physician if you have a history of medication allergies, history of anaphylaxis, autoimmune disease, and any other medical problems.
  - The ideal time to schedule this procedure is at LEAST 2 weeks before a big event.
- **Post-Sculptra Instructions:**
  - **DO** massage the treated areas 5 times a day for about 5 minutes for 5 days after treatment.
  - **DO** hold ice packs on the treated areas gently for about 3-5 minutes a few times that day.
  - 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 filler procedure.
  - Avoid strenuous workouts and alcohol for 24 hours if possible.
  - If bruising occurs, continue Arnica supplements, drink fresh pineapple juice, and/or take Bromelain supplements to help bruising resolve faster.
  - Bruising can be covered with makeup.
  - A few days after treatment, you will look as you did before treatment. This is normal, over time,
  - Sculptra will replace lost collagen.
- **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.