



Sculptra® Pre + Post Treatment Instructions

PRE-TREATMENT INSTRUCTIONS

To help minimize bruising and swelling, please avoid the following for 3-7 days prior to treatment unless prescribed by your physician:

- Aspirin, ibuprofen (Advil®, Motrin®), naproxen (Aleve®), and other NSAIDs
- Fish oil, Vitamin E, Ginkgo Biloba, turmeric, garlic, and other blood-thinning supplements
- Excessive alcohol consumption

Additional Recommendations:

- Drink plenty of water prior to your appointment.
- Eat a healthy meal before treatment.
- Arrive with clean skin whenever possible.
- Inform your provider of any illness, skin infection, rash, recent dental work, or changes in your medical history.

POST-TREATMENT INSTRUCTIONS

- There is little to no downtime following treatment. Most patients may resume normal daily activities immediately.
- Avoid strenuous exercise for 24 hours.
- Ice packs may be applied during the first 24 hours as needed (10 minutes on, 10 minutes off).
- Sleep with your head elevated using an extra pillow for the first few nights if swelling occurs.
- Avoid excessive sun exposure, tanning beds, and UV exposure until redness or swelling has resolved. Daily SPF use is strongly recommended.
- Avoid aspirin, ibuprofen, naproxen, and alcohol for several days after treatment, as they may increase bruising.
- Tylenol® (acetaminophen) may be used if needed for discomfort.

MESSAGE INSTRUCTIONS

To ensure even product distribution and optimal collagen stimulation:

Massage the treated areas for **5 minutes, 5 times per day, for 5 days.**

Use gentle but firm pressure as instructed by your provider.

WHAT TO EXPECT

- Mild swelling, redness, tenderness, bruising, and temporary fullness are common following treatment.
- Initial swelling may resolve within several days and wrinkles may temporarily reappear.
- Sculptra® works gradually by stimulating your body's natural collagen production.
- Visible improvement develops over several weeks and continues over the following months.
- Most patients require a series of treatments for optimal correction and long-term rejuvenation.

FOLLOW-UP

- Return for follow-up and additional treatments as recommended, typically every 6-8 weeks during your treatment series.
- Maintenance treatments may be recommended to preserve results.

Please contact D'Vine Medical Spa immediately if you experience significant swelling, severe pain, vision changes, skin discoloration, bleeding, fever, or any unusual symptoms.

D'Vine Medical Spa
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