

**\*\*Sculptra Pre-Treatment Instructions:\*\***

- Avoid blood-thinning medications like aspirin, ibuprofen, or supplements such as fish oil, garlic, or Vitamin E for at least a week before your treatment to minimize the risk of bruising.
- Stay hydrated and avoid alcohol for 24 hours prior to your appointment.
- Inform your provider of any medical conditions or medications you're taking, especially if you've had previous reactions to cosmetic injectables.
- Arrive at the appointment with a clean face, free of makeup or moisturizers.

**\*\*Sculptra Post-Treatment Care:\*\***

- For the first 24 hours, apply ice packs to the treated areas intermittently to reduce swelling and minimize bruising.
- Gently massage the treated areas for 5 minutes, 5 times a day, for 5 days following treatment. This helps ensure even distribution of the product.
- Avoid sun exposure, tanning beds, and intense heat sources such as saunas or hot yoga for at least a week.
- Refrain from strenuous exercise for 24 hours to reduce the risk of swelling or irritation.
- Follow up with your provider for additional sessions, as Sculptra typically requires multiple treatments for optimal results.