

SCULPTRA

Treatment Instructions

You have just completed a treatment using a collagen stimulating product called Sculptra. Your aesthetic injector has advised you of appropriate aftercare instructions to follow. A written outline of those instructions is available here for your convenience.

You are advised to follow the instructions below to ensure the best result from your treatment. Please note that Sculptra is a powder which must be reconstituted and suspended in sterile water before injecting it into the skin. Therefore, it is important to remember that immediately after your treatment; you will feel full in the areas treated, which is a direct effect from the water injected into those areas.

This fullness will completely disappear over several hours once the treatment is completed and the areas treated will then look the same as they did prior to having the treatment. **Collagen stimulation will naturally start to occur approximately 8-12 weeks after the treatment and will reach a peak within the first 6 months.** Please do not equate the lack of immediate result with a treatment failure – the results are delayed and will be slowly increasing over time.

General Advice:

- During the first 24–48 hours after treatment you may experience redness, swelling and tenderness in the treated areas. These reactions are normal and resolve quickly and spontaneously over the next 2-4 days. You may apply light water-based or mineral makeup where necessary.
- Bruising at the site of injection is also possible and clears completely in 1-10 days.
- Swelling and bruising can give the appearance of ‘unevenness’ in the area treated. This will settle once the swelling and bruising has gone.
- **Firmly massage the entire area 5 x daily for 5 minutes for 5 days** with your fingers and a greasy moisturizer or Arnica cream. Small rice grain sized collections of collagen can occasionally be felt after 3-6 months as the collagen stimulating effect of this treatment reaches a peak. Very rarely, larger collections of collagen can be felt but not seen and these will generally be reabsorbed and reduced over a 3-4 month period.
- Avoid alcohol, caffeine, hot drinks and spicy food for 24 hours, as these may exacerbate bruising and swelling.
- Avoid medications such as aspirin or ibuprofen for 1-2 weeks as they are blood thinning agents, and they may exacerbate bruising (if these medications have been advised by your primary care doctor, please consult them prior to discontinuing any medications.)

- Avoid supplements such as multivitamins, fish oils, glucosamine and Vitamin B or Vitamin E for 1-2 weeks, as they are blood thinning agents and may exacerbate bruising (if these medications have been advised by your primary care doctor, please consult them prior to discontinuing any medications.).
- Avoid exercise or excessive exertion for 24 hours
- Avoid excess sun exposure, solarium or sauna use for 24 hours
- Avoid using any creams, lotions or gels that contain active ingredients such as Glycolic Acid, Vitamin A or C, Salicylic Acid etc and avoid using soaps and perfumes on the area for 24 hours.
- Drink plenty of water for 2-3 days after the procedure as this will help promote the collagen stimulating effects of the treatment.
- Apply cold compresses as required to the area injected for up to 6 hours after the treatment. This will prevent or help to alleviate any bruising. It will also help to reduce any swelling. Do not apply ice as this will suppress the effect of the collagen stimulators. If there is not excessive swelling or bruising in the area treated, avoid applying cold compresses but drink only COLD drinks for 24 hours.
- You can use Arnica to help alleviate any bruising. NOTE: bruising can last 1-10 days. Bruising is temporary and will completely disappear over time with no effect on your treatment. Once bruising has formed (within the first 48 hours) it is better to apply warmth to the area to encourage the body's natural reabsorption of the bruise away from the skin.
- If you suffer any allergic responses, prolonged generalized symptoms or if any lumps/unevenness persist after 5-7 days, please contact your aesthetic injector for advice.
- If you feel that further enhancement of an area is required, please contact your aesthetic injector for a follow-up appointment or advice as to when a further treatment can be carried out.

Communication:

The most important person at Look Lab is you, the patient! We are 100% committed to giving you the perfect experience! Please let us know how we're doing by emailing us at info@LookLab.com or leave us a review on any social media platform (Google, Yelp, FaceBook).

Please notify our clinical staff at **833.999.5665(LOOK)** immediately with any medical questions you may have and always feel free to make an in-person appointment for an evaluation if you have a concern. In case of an emergency please visit the emergency room.

Anything you forgot to ask? Send us a direct message on Instagram **@LookLabMedSpas**