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PRE & POST CARE FOR SCULPTRA

WHAT IS SCULPTRA?

Sculptra is a poly-L-lactic acid implant in the form of a sterile apyrogenic suspension.

Poly-L-lactic acid is a biocompatible (does not harm the body), biodegradable (broken down or metabolized by the body), synthetic polymer from the alpha hydroxy-acid family (fruit acids). Poly-L-lactic acid has been used medically for many years in dissolvable stitches and does not require pre-treatment skin testing for allergies.

While Sculptra has not been specifically approved by the FDS for cosmetic use, it has been performed "off-label" since 1999 in more than 150,000 patients in more than 30 countries, principally for cosmetic use.

WHAT TO EXPECT

Depending on the area and condition treated, the volume of Sculptra used and the injection technique, the effect of a treatment with Sculptra may last from 1-2 years, but the duration of the effect can be shorter or longer. Most areas of treatment will require 2-6 sessions, usually at 4 week intervals for optimal correction. Individual responses to Sculptra vary, so the exact number of treatments cannot be predicted with complete accuracy. Additionally, in order to maintain the desired degree of correction, intermittent "touch-up" treatments may be needed.

After each treatment, tissue volume in the treated area will gradually build up over the following months, as your body produces new collagen (neocollagenesis). At your return visit for Sculptra, your response to the previous treatment will be assessed, and additional treatments can be performed if needed to optimize your correction. **Sculptra does not treat or cure the underlying cause of tissue or fat loss; rather it is designed to improve the appearance of the affected area(s).**

- After treatment some common injection-related reactions can occur: swelling, redness, pain, itching, discoloration and tenderness at the injection site. These typically resolve spontaneously, usually 1 to 15 days after injection.

- Chewing discomfort may be experienced and headaches are a possible side effect of treatment.
- Sculptra injections are administered in a solution containing water so expect an initial swelling (edema) that will be noticeable for several hours and as long as several days. This effect is temporary and does not affect the long-term tissue response.
- Small bumps under the skin, termed micro-nodules, which may be non-visible or visible, may be felt in the areas of treatment. Usually these bumps may only be felt when pressing on the skin. Micro-nodules typically last from 6 to 12 months, and may spontaneously disappear. They usually do not require treatment, and usually do not have any symptoms.
- Rarely, visible bumps may occur and they may be associated with redness, tenderness, skin discoloration or textural alteration. These bumps (termed granulomas) may or may not require treatment, including injections, freezing or excision.
- Other rarely reported adverse events include: injection site abscess, allergic reaction, skin hypertrophy and/or atrophy, malaise, fatigue, and edema.

HOW TO PREPARE FOR YOUR APPOINTMENT

- **Please let your provider know if you:**

- Are currently taking any blood thinners for medical reasons. If possible, stop Aspirin, NSAID, fish oil, and vitamin E 7-10 days before your appointment to minimize the chance of bruising.
- Prone to bruising you may purchase homeopathic Arnica. Arnica supplementation prior to injections can reduce the risk of developing a bruise. ○ Previously had facial herpes simplex at the injection site. The injection might provoke an outbreak and we can pretreat with an oral RX.
- Are currently pregnant or breastfeeding as these are both contraindications for Sculptra injections.
- Have any known allergies and sensitivities. While allergic reactions to Sculptra are rare an allergic reaction can manifest itself by prolonged redness, itching, swelling or a hardening of the skin around the injection site. The reactions can last for as long as 3-4 months and in rare cases, more than a year.

- Topical numbing cream will be applied prior to treatment. In rare instances, allergic reactions may occur. Additionally, topical numbing cream can aggravate underlying skin conditions such as rosacea. Such irritations may be treated using a 1% hydrocortisone cream, which may be purchased in the office or online. If an allergic reaction occurs from the numbing cream, please inform our team immediately. We will treat the complication and document the reaction to avoid the use of numbing cream in the future.

HOW TO CARE FOR SKIN AFTER TREATMENT

- Induration (feeling of fullness or thickness) can be felt in the injection area. This is a normal response of the treated tissue to the process of inflammation and neocollagenesis. **We recommend massaging the treated areas gently 3 to 5 times per day for 3-5 minutes, for 3-5 days after the injection which can help minimize induration.**

- We recommend gently icing the treated area immediately after treatment to help reduce swelling and discomfort - we can provide additional ice packs to take home with you. Ice should be applied for no more than 5 minutes at a time with the area being allowed to warm before applying ice again.

- Avoid strenuous exercise and sun exposure for 24 hours.

- You may continue to use your regular products and apply make-up immediately after Sculptra injections provided you have no adverse skin reactions to the treatment or numbing cream.

- **Please contact the office if you experience excessive bruising or swelling post treatment.** If you are calling after hours, your provider's personal cell phone numbers are at the end of the voicemail message.

If your provider has given you instructions deviating from the general recommendations in this document, please follow your provider's personalized instructions.

Questions or concerns? Please securely send a direct message to your provider or call the office 281-332-9682.