

# Body+Beauty Lab®

## COLLAGEN STIMULATOR

### SCULPTRA®

#### PRE-TREATMENT CARE:

In order to reduce the amount of bruising and/or swelling from the injection sites, please follow the instructions below.

1. Avoid blood thinning over-the-counter medications such as Aspirin, Motrin, Ibuprofen and Aleve for 1 week prior to the treatment.
2. Avoid supplements including St. Johns Wort, Ginko Biloba, Primrose Oil, Garlic, Ginseng and Vitamin E for 1 week prior to the treatment.
3. Avoid topical products such as Tretinoin (Retin-A®), Retinols, Retinoids, Glycolic Acid, or any anti-aging products for 3 days prior.
4. Avoid waxing, bleaching, tweezing, or hair removal cream on the area to be treated for 3 days prior.
5. Do not drink alcoholic beverages for 24 hours prior to treatment.
6. If you have previously suffered from facial cold sores, there is a risk that the needle punctures could contribute to another eruption of cold sores. Please notify Body+Beauty Lab if you are prone to cold sores.
7. Do not use dermal fillers if you are pregnant or breastfeeding, are allergic to any ingredients, or suffer from neurological disorders. Please inform us if you have any questions about this prior to your treatment.
8. Arrive to the office with a "clean face" - washed and without makeup. In order to maximize your comfort during the procedure, a topical anesthetic may be applied. In some cases, a local numbing medication will be injected into or around the area(s) to be treated.

#### POST-TREATMENT CARE:

##### FOLLOW THE RULE OF 5's

Massage the treated area for **5** minutes, **5** times a day, for **5** days to help ensure that you have a smooth and contoured result.

1. When can I expect to see results?
  - Immediately! However, it can take up to 4-8 weeks for the full effect to become apparent.
2. Is there anything I need to avoid after my treatment?
  - There is little to no downtime following this procedure. Therefore, you may resume your normal daily activities immediately following your treatment. However, it is important to ask your provider for specific recommendations according to your medical history.
  - Avoid blood-thinning products (Aspirin, non-steroidal anti-inflammatory medications, Ibuprofen, Vitamin E supplement, St. John's Wort) for 7 days after treatment.
  - For the next 24 hours, however, use caution with strenuous exercise, extended exposure to sun or heat, and consumption of alcoholic beverages as these activities may cause temporary

redness, swelling or itching at site of injection. Direct UV sun exposure is not recommended until the swelling and redness has completely subsided. Avoid hot water and steam on the face for 2-3 days.

- Avoid facials, peels, dental treatments and face down massages for at least 2 weeks. Also sleep on your back for the next 2 nights.
- Avoid aggressive rubbing and scrubbing following your treatment. You may gently wash the area a few hours following the treatment.
- You may apply makeup shortly after your treatment unless otherwise instructed by your medical injector.

### 3. What are the side effects of Sculptra®?

- There are very few side effects of Sculptra®? You will likely experience mild irritation or tenderness, swelling, bruising, itching, redness and/or bumps at or near the injection site. These side effects are normal and usually resolve on their own in 7 days or less. However, if any of these signs/symptoms persist, please contact Body+Beauty Lab immediately. Avoid massaging or itching near the injection site. You may use topical Arnica to help alleviate and reduce bruising of treated areas. Initially the treated areas may feel full and firm which is normal but will soften over the week following the treatment. You may take Tylenol for any residual discomfort.
- You may place an ice pack or cool compress lightly on the injection sites to help alleviate any swelling during the first 24-48 hours.
- A depression in your skin (as you may have noticed prior to treatment) may appear after the initial swelling resolves. Over the next few weeks, you will start to see this resolve as Sculptra® begins to take effect.
- Treatment with Sculptra® may result in papules in the treatment area. These are asymptomatic lumps that you will feel only when pressing on the treated skin. Generally, they are not visible. If they are, it is important to return to Body+Beauty Lab for a follow-up appointment. Massaging the area (as described with the rule of 5's) will help minimize this side effect.

### 4. How many treatments will I need?

- This can vary from client to client. You will likely need at least 3 treatments for full volume correction.
- We want to see you at Body+Beauty Lab at 4 weeks. At that time, we will assess your need for future treatment sessions.

Sculptra®, considered to be a long-lasting filler, actually stimulates your own collagen to “grow” in as the filler. It will last up to 2-3 years. Keep in mind that everyone is different and depending on the areas and amount treated, your body will metabolize the filler at a rate unique to their body. FDA has approved Sculptra® for 24 months however in 12 months post treatment the medical injector may possibly offer another treatment with 2 vials to maintain results.

**Please call Body+Beauty Lab immediately to report any fever, chills, pain, redness, blisters, itching or skin blanching.**