

UNVEIL

MEDICAL AESTHETICS
AND WELLNESS

SCULPTRA PRE AND POST CARE

PRE-TREATMENT CARE

- If okayed by your health provider, do not take any blood thinning medications such as Ibuprofen, Advil, Vitamin E, Fish oil, Excedrin, Aleve, etc. for at least two weeks prior to your treatment.
- Avoid alcohol and caffeine at least three days prior to your appointment. This will help diminish the bleeding, bruising, swelling during and after your injections, which will result in making the overall procedure and recovery more comfortable for you.
- Stay hydrated and avoid coming in on an empty stomach. This will also help provide comfort during your appointment.
- You may use Arnica or bromelain tablets two to three days prior to injections to reduce the risk of bruising.
- Any antibiotics taken need to be completely finished two weeks prior to injections appointments.
- Separate any dental visits two weeks before/after an injection appointment.

POST-TREATMENT CARE

- Massage the treated area for five minutes five times per day for five days after your treatment.
- During the initial treatment session with SCULPTRA, it may seem that your treatment worked immediately because of swelling caused by injection and the water used to dilute SCULPTRA. This usually resolves in several hours to a few days and may cause the original wrinkle to reappear: You may look as you did before your treatment. Visible wrinkle correction results appear slowly four to six weeks.
- Your provider should see you approximately four weeks after each treatment session to assess whether you need additional treatment. You may need one to four treatment sessions (typically three) to achieve the optimal correction possible.
- Avoid exercise for 48 hours.
- If okayed by your health provider, avoid taking any blood thinning medications (listed above) for at least 48 hours after treatment. If tender, you may take Tylenol.
- Ice the area as needed to help with any potential bruising and swelling.
- Take Arnica or Bromelain to decrease bruising and swelling.
- Take an antihistamine (like Claritin or Benadryl) for the next few days to help decrease the inflammatory response.
- Stay well hydrated and avoid alcohol for 48 hours.
- Watch skin for any unusual discoloration or bruising. Alert Lisa immediately.
- Avoid wearing makeup for 24 hours.
- Sleep with your head elevated.
- Do not massage your face aggressively.
- If traveling for this appointment, it is best to stay in the area for at least 48 hours. While complications are rare, we would like to care for them locally should they arise.

It is normal for residual swelling to last for two weeks. Swelling and bruising can give the appearance of asymmetry or unevenness. If you feel that further enhancement is desired, please schedule a follow-up appointment or schedule further treatment after seeking advice from your injector.

QUESTIONS OR CONCERNS?

If you have any questions before or after your appointment, please don't hesitate to reach out:

Email: lisa@unveilaesthetics.com

Office: 302-679-2980 | **After-Hours Emergencies:** 302-884-2814