sculptra *pre-care*

PATIENCE IS PART OF THE TREATMENT

Scultra does not fill. It asks your own body to build collagen, which means your result arrives slowly — over 3 to 6 months — and usually takes a series of sessions spaced about 4–6 weeks apart. Plan your first session well ahead of any event, and plan on the series rather than on one appointment.

ONE TO TWO WEEKS BEFORE

- If it is safe for you, pause supplements that thin the blood: fish oil, vitamin E, ginkgo, ginseng, high-dose garlic, and turmeric.
- Avoid aspirin and NSAIDS such as ibuprofen and naproxen unless they are prescribed to you. Tylenol is fine.
- **Never stop a prescribed blood thinner** — warfarin, apixaban, clopidogrel, or similar — without clearing it with the doctor who prescribed it. We can treat you safely either way.
- Space your appointment about two weeks from dental work and vaccinations.

TELL US BEFORE WE TREAT

- A history of keloids or thick, raised scars.
- Autoimmune or inflammatory conditions, or an active flare of one.
- Any tendency to form lumps or nodules after a previous injection.
- Every filler or biostimulator you have had before (what, where, and when), including treatment at another practice.
- Any active acne, cold sore, rash, or infection in the treatment area. We will find you another date.
- If you are pregnant, breastfeeding, or trying to conceive.
- Recent or upcoming dental work, vaccines, or illness.

THE DAY BEFORE 24 hours

- Skip alcohol. It thins the blood and is one of the most common reasons patients bruise.
- Drink plenty of water. Hydration matters more with Sculptra than with most treatments — collagen needs it.

THE DAY OF

- Arrive with clean skin and no makeup on the treatment area if you can.
- Eat a real meal and drink water beforehand.
- **Have moisturizer or arnica gel at home. Your massage starts the same day,** that's 5 minutes daily, 5 times daily, for 5 days.
- **You will leave looking fuller than you will look in two days.** That early fullness is fluid, not your result. Expect it to settle, and expect the real change to arrive slowly.
- Let us know if you are ill or running a fever and we will find you another time.