



# TIMELESS

SKIN SOLUTIONS

## injectable sculptra before & after treatment instructions

### Before treatment:

If you've started any antibiotics or other medications since your initial visit, please let us know. Avoid taking St. John's Wort, Vitamin E, aspirin, non-steroidal anti-inflammatory drugs, alcohol, and fish oil supplements 3 days prior to treatment. These agents may increase bruising and bleeding at the injection site. You may apply Arnica 3 times per day, 3 days prior to treatment, to help reduce the risk of bruising. Drinking 8 oz of pineapple juice twice a day 2-3 days before and 2-3 days after injections may also help with potential bruising.

We recommend patients not undergo dental procedures or cleanings two weeks prior or after filler due to increased risk of infection. Tell your medical provider if you have had a Thread Lift or threading placement in the last two years.

### After treatment:

#### **Massage the area injected for 5 minutes, 5 times a day for 5 days. - Very Important**

After your treatment, you might have some redness and swelling. This will normally last less than 7 days, and for some patients it may last up to 14 days. Cold compresses may be used immediately after treatment to reduce swelling. You may apply a cold compress to the area for 20 minutes per hour, and you may do this hourly for up to 3 days. If the inconvenience continues beyond 7 days or if other reactions occur, please contact the office at (614) 799-5100.

Avoid touching the treated area 6 hours following treatment. Gentle cleansing can be done after 6 hours. Return to all facial products in 2-3 days.

Avoid facials, massages, IPL, lasers, skin tightening treatment for 2-3 weeks after treatment.

You may be able to feel swelling following your treatment. The volume you see will resolve in 3 days and will return as your body begins to build new collagen over the next 4-6 weeks.

If you have previously suffered from facial cold sores, there is a risk that the needle punctures could contribute to another recurrence. Speak to your physician about medications that may minimize a recurrence.

Avoid exercise and alcohol for 24 hours after treatment.

Please be sure to schedule a follow-up appointment in 5 weeks.

If you have any questions or concerns, please do not hesitate to call (614) 799-5100 or email [contact@timelessskinsolutions.com](mailto:contact@timelessskinsolutions.com). In case of emergency call 911.