



MANDALA
AESTHETICS

Pre and Post Aesthetic Injection Instructions SCULPTRA

Pre Treatment

- ❖ Please discontinue any blood thinning medications at least 7-10 days prior to your treatment. These include but are not limited to: Aspirin, Motrin/Ibuprofen/Advil, Aleve/Naproxen. If you take prescription blood thinners (ex: Coumadin, Xarelto, Plavix) check with your prescribing provider about whether you may temporarily discontinue
- ❖ Discontinue Retin-A (tretinoin) at least 2 days before and 2 days after treatment
- ❖ If you have an upcoming special event/vacation, schedule your injection appointment at least 2 weeks in advance. Common side effects after injections include bruising and swelling that can last days to weeks
- ❖ If you have previously had facial cold sores, there is a risk that the needle puncture could contribute to a flare of cold sores. Please take your prescribed antiviral medication prior to treatment. Or, let me know if you need a prescription
- ❖ Please arrive to appointment with a clean face, without any foundation makeup or tinted moisturizer
- ❖ You are not a candidate for Sculptra treatment if you are pregnant or breastfeeding
- ❖ You are not a candidate for Sculptra if you have the following medical conditions: Scleroderma, Ehlers-Danlos Syndrome (EDS), keloid scar formation, and active flare of an autoimmune condition

To minimize your chance of bruising

- ❖ Start taking arnica supplements a few days before and continue a few days after treatment. Arnica montana is an oral capsule or herbal ointment that may minimize bruising
- ❖ Eating pineapple (or drinking pineapple juice) may also reduce bruising. Bromelain is an enzyme in the pineapple that has anti-inflammatory properties, among many other health benefits, and may aid in recovery
- ❖ Avoid alcohol for at least 24 hours prior to and after treatment

Post Treatment:

- ❖ You may gently apply cool compresses to the areas treated as this helps reduce swelling and the potential for bruising (avoid pressure and direct ice/frozen packs directly on the skin)
 - Bruising may be visible initially, then may become more obvious the following day. By 2 weeks, bruising will have faded
 - Swelling may be significant for the first few days after treatment. Mild, non-painful swelling may last for up to 2 weeks
 - It is normal to experience a dull ache or tenderness in the treated area for up to 72 hours

- ❖ If lidocaine was added to the Sculptra suspension, you may notice some mild numbness to treated areas that will resolve within a few hours
- ❖ Best to avoid makeup on injected areas for 24 hours after treatment. Makeup should only be applied after any pinpoint bleeding from the injection site(s) subsides
- ❖ **Massage the treated areas 3-5 times/day, 5 minutes each time, for 5 days after treatment. Massage should be performed with clean hands and you may use a post treatment serum to assist in massaging the areas**
- ❖ You may wash your face the evening of your treatment with a gentle cleanser such as Cetaphil or Cerave. Avoid other facial products that evening (peels, retinols, lotions)
- ❖ Avoid strenuous exercise or activity for the remainder of the treatment day. You may resume other normal activities/routines immediately
- ❖ Avoid sleeping on your face for 48 hrs as much as possible after treatment
- ❖ You may take acetaminophen/Tylenol if you experience any mild tenderness or discomfort. Avoid aspirin or NSAID products as they may increase your potential to bruise
- ❖ Avoid drinking alcohol for a minimum of 24 hours after as this may contribute to bruising and/or swelling
- ❖ Avoid extended UV exposure and extreme heat for a few days after treatment. This includes hot showers, steam, sun beds, hot yoga, and strenuous exercise. These may increase discomfort and swelling
- ❖ Avoid routine dental procedures (cleanings) and vaccinations for at least 4 weeks after Sculptra treatment if possible
- ❖ Avoid laser treatments, skin tightening and microneedling procedures for 3-4 weeks after Sculptra
- ❖ The collagen stimulating benefits of Sculptra will be most apparent a few months after treatment. Any initial fullness or improvement to the skin is likely due to swelling from the liquid injected. The product will settle over a few weeks then you will likely look as you did before treatment. This is normal and expected, as noticeable effects will take months and sometimes multiple Sculptra treatment sessions to achieve full correction

What is NOT normal after your Sculptra treatment?

You observe or experience any symptoms of a blocked blood vessel. This condition is associated with any of the following:

- Blanching (white patches in or near the treated area) and pain beyond a normal ache/tenderness
- Rash known as livedo reticularis (dusky discoloration of the skin)
- Discolored blotches in areas not injected

You experience fever, chills or any other signs of infection, even days after treatment. Other signs of infection include redness that is painful to touch.

In urgent cases when a blood vessel is blocked, the antidote for hyaluronic acid fillers will be injected, as soon as possible, to assist in unblocking the vessel. It is important to seek medical attention quickly for best outcome and to prevent further complications and scarring. Please contact Cassie Mandala, PA immediately at (630) 270-6804 with any concerns. If you have difficulty reaching Cassie, and you are concerned about a blocked blood vessel, please go directly to the nearest emergency room.