



LewisGale Physicians

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HCA Virginia Health System
An HCA affiliate

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Sculptra (Poly-L Lactic Acid/PLLA) Pre & Post Treatment Instructions

Pre-Treatment

- If you have any of the following conditions, you should not receive treatment with Sculptra. Please notify your doctor!
 - Pregnancy or nursing (or trying to become pregnant)
 - Active acne or infection
 - History of keloid or hypertrophic scarring
 - Previous allergy to a Sculptra or a PLLA product
 - Don't wear makeup to your appointment
 - Avoid irritating chemicals and/or soaps for a week prior to your injection
 - Notify your doctor if you take any blood thinners (aspirin, Plavix, Coumadin, fish oil, vitamin E, etc). Ask when you need to stop taking these medicines before your injection.
 - Notify your doctor if you have a history of auto-immune or collagen vascular disease like Lupus, Wegener's disease, Ehlor-Danlos syndrome, etc.

Post-Treatment

- Remember, Sculptra results take *AT LEAST* 6-12 weeks to take effect. *AT LEAST* 2 injection sessions will be required.
- The volume you can see after the injection fades over 3-4 days as the Sculptra begins to work.
- Bruising can occur and may also last up to two weeks.

Immediate Post-Treatment instructions:

- *DO's*:
 - Follow the rule of 5's: Massage your treatment areas for 5 minutes, 5 times/day, for 5 days. Use Arnica montana gel, moisturizer, massage oil, or similar product.
 - Ice the treated area as much as possible until bedtime.
 - Clean your face normally.
 - Apply make up as desired, if the skin is not broken or irritated.
 - Expect some mild swelling and bruising around the injection sites.
 - Use Acetaminophen and/or ibuprofen if needed for discomfort
 - Call us with any questions or concerns.
 - *DON'T's*
 - Get excessive sun or heat exposure for 24 hours
 - Take aspirin or other blood thinners for 1 day unless directed otherwise by your doctor (Be sure to ask!)
 - Hesitate to call us with problems!
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