



BAY AREA COSMETIC DERMATOLOGY

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PRE & POST CARE FOR BODY SCULPTRA

[Biostimulating Filler]

WHAT IS SCULPTRA?

Sculptra is a poly-L-lactic acid implant/filler in the form of a sterile apyrogenic suspension. Poly-L-lactic acid is a biocompatible (does not harm the body), biodegradable (broken down or metabolized by the body), synthetic polymer from the alpha hydroxy-acid family (fruit acids). Poly-L-lactic acid has been used medically for many years in dissolvable stitches and does not require skin testing for allergies.

While Sculptra has not been specifically approved by the FDA for cosmetic use, it has been performed “off-label” since 1999 in more than 150,000 patients in more than 30 countries, principally for cosmetic use.

WHAT TO EXPECT

Depending on the volume of Sculptra used and the injection technique, the effect of a treatment may last 1-2 years, but in some cases the treatment duration can be shorter or longer. The treatment will usually require 3-4 sessions, usually at 12 week intervals for optimal correction. Individual responses to Sculptra vary, so the exact number of treatments cannot be predicted with complete accuracy. Additionally, in order to maintain the desired degree of correction, intermittent “touch-up” treatments may be needed.

8-12 weeks after treatment, tissue volume in the treated area will gradually build up as your body produces new collagen (neocollagenesis). Each treatment will have about 20% improvement in the appearance of cellulite. At your return visit, your response to the previous treatment will be assessed and additional treatments can be performed if needed to optimize your correction. **Sculptra does not cure the underlying cause of cellulite; rather it is designed to improve the appearance of the affected areas.**

- Bruising, swelling, redness, pain, itching, discoloration and tenderness at the injection site. These typically resolve spontaneously within 15 days after injection.
- Sculptra injections are administered in a solution containing water, so expect initial swelling (edema) that will be noticeable for several hours and perhaps as long as several days. This effect is temporary and does not affect the long-term tissue response.
- Avoid any strenuous exercise for 3 days post treatment and avoid doing any other body treatments to the Sculptra treated area for at least 3 to 4 weeks.
- Small bumps under the skin, termed micro-nodules (non-visible or visible) may be felt after treatment. Usually these bumps may only be felt when pressing on the skin. Micro-nodules typically last from 6 to 12 months, and may spontaneously disappear. They usually do not require treatment, and usually do not have any symptoms.
- Rarely, visible bumps may occur and may be associated with redness, tenderness, skin discoloration or textural alteration. These bumps (granulomas) may or may not require treatment, including injections, freezing or excision.
- Other rarely reported adverse events include: injection site abscess, allergic reaction, skin hypertrophy and/or atrophy, malaise, fatigue, and edema.
- Any injection, for any reason, carries a small risk of infection. If the needle accidentally punctures a blood vessel, this may result in temporary discoloration of the treated area, scabbing, shedding and shallow scarring.

CONTINUED ON NEXT PAGE



HOW TO PREPARE FOR YOUR APPOINTMENT

Please let your provider know if you:

- Are currently taking any blood thinners for medical reasons. If you are, you may experience more bruising. If approved by your doctor, please stop one week in advance of procedure
- Are prone to bruising. You may purchase [homeopathic Arnica](#) from the office or online. Arnica supplementation prior to injections can reduce the risk of developing a bruise.
- Are currently pregnant or breastfeeding as these are both contraindications for Sculptra injections.
- Have any known allergies and sensitivities. While allergic reactions to Sculptra are rare an allergic reaction can manifest itself by prolonged redness, itching, swelling or a hardening of the skin around the injection site. The reactions can last for as long as 3-4 months and in rare cases, more than a year.

Topical numbing cream will be applied prior to treatment. In rare instances, allergic reactions may occur. Additionally, topical numbing cream can aggravate underlying skin conditions such as rosacea. Such irritations may be treated using a 1% hydrocortisone cream, like [BACD Calming Cream](#), which may be purchased in the office or online. If an allergic reaction occurs from the numbing cream, please inform our team immediately. We will treat the complication and document the reaction to avoid the use of numbing cream in the future.

HOW TO CARE FOR SKIN AFTER TREATMENT

- Avoid any strenuous exercise for 3 days post treatment.
- Avoid undergoing any other body treatments to the Sculptra treated area for at least 3 to 4 weeks.
- We highly recommend massaging the treated areas with a Theragun or back massager in 5-minute sessions twice daily for two weeks after treatment.
- Depending on the area treated, we recommend wearing medical grade compression stockings for at least two weeks after treatment to help minimize the appearance and duration of nodules.
- **Please contact the office if you experience excessive bruising or swelling post treatment.** If you are calling after hours, your provider's personal cell phone numbers are at the end of the voicemail message.

If your provider has given you instructions deviating from the general recommendations in this document, please follow your provider's personalized instructions.

Questions or concerns? Please securely send a direct message to your provider through BACD's online patient portal: [MyPatientVisit](#) or call the office 415-292-6350.