

# **NEW IMAGE HEALTH & WELLNESS**

## **SCULPTRA® PREPARATION & POST-OP INSTRUCTIONS**

### **FOR BEST RESULTS: FOLLOW THE 5 x 5 x 5 RULE**

Massage the treated area for 5 minutes, 5 times per day, for 5 days.

### **Before Treatment**

- Avoid aspirin, Motrin®, ibuprofen, naproxen, Aleve®, Vitamin E, Ginkgo Biloba, fish oil, St. John's Wort, and garlic supplements for 1–2 weeks prior to treatment, if approved by your physician.
- Use Tylenol® for discomfort if needed.
- Consider taking Arnica supplements 2 days before treatment to help reduce bruising and swelling.
- Inform your provider of any medication allergies, history of anaphylaxis, or medical conditions.
- Schedule treatment at least 2 weeks before major events to allow swelling or bruising to resolve.

### **After Treatment**

- Massage treated areas 5 times daily for 5 minutes each session for 5 days to help prevent nodules and promote even collagen stimulation.
- Use clean pillowcases and freshly laundered bedding.
- Keep pets and animals away from the treated facial area.
- Do not apply lotions, creams, or skincare products other than Aquaphor® for 48 hours unless directed otherwise.
- Wash with a gentle foaming cleanser and rinse thoroughly.
- Avoid saunas, steam rooms, hot tubs, and excessive heat exposure.
- Avoid strenuous exercise, sweating, and heavy activity for at least 24–48 hours.
- Apply ice packs as needed to reduce swelling and discomfort.
- Mild redness, swelling, tenderness, or bruising may occur and can last 2–7 days.
- For bruising, continue Arnica® (oral or topical), drink pineapple juice, or consider Bromelain supplements if appropriate.
- Initial improvement may not be visible immediately. Sculptra® works gradually by stimulating collagen production over several weeks to months.
- Resume normal exercise after 24–48 hours as tolerated.

## **When to Contact the Clinic Immediately**

Contact New Image Health & Wellness immediately if you experience:

- Severe pain
- Significant swelling that worsens
- Signs of infection (fever, drainage, increasing redness)
- Vision changes
- Skin blanching or discoloration
- Any unexpected or concerning symptoms

Client Signature: \_\_\_\_\_

Printed Name: \_\_\_\_\_

Date: \_\_\_\_\_