

# DERMATOLOGY + PLASTIC SURGERY

*For Your Best Self*

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## **SCULPTRA**

Sculptra (poly-L-lactic acid) works gradually and is great for long term, natural appearing results. It stimulates your own collagen growth and our practice thinks of it as your foundation and structural support. It has been used to treat patients since 1999. The goals of Sculptra are to restore youthful facial contour and diminish folds and hollows, as well as to improve the skin's quality.

Dr. Saluja is the leading, top volume injector of Sculptra in Brevard.

### **Our Recommendations**

One vial per decade of life for initial treatment.

One session is two vials and a touch up session is 1 vial.

Initial sessions are done 4-8 weeks apart, usually 2-3 initial sessions are done.

Touch-up sessions, usually of one vial to two vials, are done annually.

### **To Decreasing Bruising/Swelling/Recovery**

Blood Thinners: Avoid blood thinners - aspirin, fish oils, Ibuprofen/Advil/Aleve - for one week prior to injection. Also, minimize alcohol intake, green tea, herbal/antioxidant supplements, and vitamin E as these can thin the blood and cause more bruising. Please inform the doctor if you are on Coumadin or Plavix.

You may take homeopathic Vitamedica Arnica 3 tablets three times daily for 3 prior and 3 days after treatment to reduce bruising /swelling/soreness. If you prefer Vitamedica's Arnica cream, please apply this three times daily until bruising subsides. Cost is \$18.

It is NORMAL to have soreness, bruising and swelling in the first few days and up to 1-2 weeks post treatment. Rarely, in case of severe bruising, please call us the next day for complimentary IPL/laser treatment of your bruise. We are happy to help!

Cold Pack: We may ask you to use a cold pack or ice prior to the injection. After the procedure, it is okay to continue using a cold pack for 10 minutes at a time intermittently for the remainder of the day.

### **Possible Side Effects**

Most common side effects include bleeding tenderness or pain, redness, bruising, or swelling and they can last, on average, 2 to 6 days, but sometimes up to 17 days.

One possible delayed side effect can be small bumps under the skin in the treated area. These small bumps are usually not visible, and you may notice them only when you press on the treated skin. These bumps tend to happen within the first 6 to 12 months after the first treatment. Most often, these bumps go away on their own. Visible bumps can be treated.

There is also a rare risk of infection with any injection. Please advise us if you are prone to cold sores, so that we may prevent an outbreak that could rarely arise from the treatment.

### **During Treatment**

We will apply a topical numbing cream to the treatment area for sixty relaxing minutes prior to treatment to ensure your comfort.

Treatment time will take approximately 15 minutes and consists of multiple small injections.

You will then receive a five-minute facial massage.

### **SCULPTRA – POST TREATMENT GUIDELINES**

Massage the treated area for five minutes, five times daily for five days after the treatment. This is very important for best results. The area may be sensitive, but massage should be firm circular motions.

Within the first twenty-four hours following treatment, a cold compress may be applied for a few minutes at a time to the treated area to help reduce swelling. Avoid ice. Avoid dental procedures within one week of Sculptra.

During the twenty-four hours following treatment, strenuous exercise, alcoholic beverages, and exposure to sun and heat should be limited. Excessive sun and UV lamp exposure should be avoided until any initial swelling and redness have resolved. You may otherwise go back to normal activity.

You may apply makeup after Sculptra.

### **OTHER THINGS TO CONSIDER**

You may look the same after a few days of your treatment. This is normal as Sculptra works gradually to build lasting results with your own collagen. Results can be subtle.

Results can be boosted with proper skin care, PRP (platelet rich plasma) treatment, and healthy diet & lifestyle. We advise intake of bone broth from Ancient Nutrition brand.

Please remember to schedule and keep your appointments as indicated by the doctor. Treatments should be completed in 4 to 8 week intervals as prescribed by the doctor until you reach desired results.

Actual results appear over a period of several months.

Thank you for adhering to the above guidelines and taking part in achieving your best results!