



## SCULPTRA INSTRUCTIONS

### DO'S

- ▶ **Massage treated areas as instructed by your provider.** This typically requires 5 minutes, 5 times per day, for 5 days following your treatment.
- ▶ Know that you may be rather swollen for a day or two after your treatment. But also know that this is totally normal and that the swelling will subside. Rest assured, the swelling will go down.
- ▶ Prop yourself up with an extra pillow the night of your treatment. This will greatly aid in reducing swelling.
- ▶ Take Arnica pellets 4 times a day for at least 4 days following your treatment. Simply dissolve 4 pellets under your tongue and avoid coffee and mints for 30 minutes so the pellets can work their magic.  
*Arnica is available for purchase in our office or at local health food stores.*

### DON'TS

- ▶ Don't drink alcohol for at least 3-4 days **prior** to your appointment. You can count on a lot less bleeding and bruising if follow this guideline.
- ▶ Don't drink alcohol for at least 24 hours **following** your treatment, either. Alcohol causes inflammation. Instead, relax and hydrate.
- ▶ Don't take fish oils, ibuprofen, aspirin, or garlic supplements for up to 7 days before and after your treatment (*unless it is medically necessary for you to be on any of those*). These also thin your blood and can cause more bruising and bleeding.
- ▶ Don't exercise for at least 24 hours following treatment.

If this was your first treatment, you should schedule your next session in 1-2 months.  
If you have any concerns and/or questions please call our office.