



### **Pre-Care Instructions for Sculptra and Hyperdilute Radiesse:**

1. **\*\*Avoid Blood Thinners:\*\*** Stop taking any blood-thinning medications or supplements (e.g., aspirin, ibuprofen, vitamin E, fish oil) at least 7 days prior to your treatment, as they may increase the risk of bruising. Always consult with your physician before discontinuing any prescribed medications.
2. **\*\*No Alcohol:\*\*** Refrain from consuming alcohol for at least 24 hours before the procedure, as it can also increase the likelihood of bruising.
3. **\*\*Hydration:\*\*** Stay well-hydrated in the days leading up to your treatment. Drink plenty of water to ensure your skin is in the best possible condition.
4. **\*\*Skin Care:\*\*** Avoid any harsh skincare treatments or exfoliations at least a week before your appointment. This includes chemical peels, laser treatments, and microdermabrasion.
5. **\*\*Avoid Sun Exposure:\*\*** Minimize sun exposure and avoid tanning beds to reduce skin sensitivity.
6. **\*\*Medications:\*\*** Inform your provider of any medications or health conditions you have. You may need to take an antiviral medication if you are prone to cold sores, as the procedure can trigger an outbreak.

### **Post-Care Instructions for Sculptra and Hyperdilute Radiesse:**

1. **\*\*Massage:\*\*** For Sculptra, massage the treated area gently for 5 minutes, 5 times a day, for 5 days to help distribute the product evenly and promote natural collagen production. Hyperdilute Radiesse may also benefit from gentle massage if instructed by your provider.
2. **\*\*Avoid Heat:\*\*** Refrain from exposing the treated area to intense heat (e.g., saunas, hot tubs, sunbathing) for at least 48 hours post-treatment to reduce the risk of swelling and irritation.
3. **\*\*No Strenuous Activity:\*\*** Avoid heavy exercise or any activities that could raise your heart rate and blood pressure for 24-48 hours after treatment to minimize bruising and swelling.



4. **Ice Application:** Apply a cold compress or ice pack to the treated area for 10-15 minutes at a time, several times a day, to reduce swelling and discomfort. Avoid applying ice directly to the skin—use a cloth as a barrier.
5. **Sleep with Elevated Head:** Try to sleep on your back with your head elevated to minimize swelling. Avoid sleeping on your side or stomach, as this could put pressure on the treated areas.
6. **Avoid Makeup:** Do not apply makeup or other skincare products to the treated area for at least 24 hours to reduce the risk of infection or irritation.
7. **No Facials or Massages:** Avoid facials, facial massages, or other skin treatments in the treated area for at least 2 weeks after your procedure.
8. **Hydration:** Continue to stay well-hydrated, as this supports overall skin health and helps in the collagen production process.
9. **Follow-Up:** Attend any scheduled follow-up appointments with your provider to monitor your progress and determine if additional treatments are needed.
10. **Watch for Side Effects:** Mild swelling, redness, or bruising is normal and should subside within a few days. If you experience any severe pain, excessive swelling, or signs of infection (such as pus or fever), contact your provider immediately.