

SCULPTRA® AESTHETICS PRE/POST CARE INSTRUCTIONS

PRE-CARE

- Unless prescribed by a physician, avoid Aspirin, Ibuprofen, Advil, Aleve, St. John's Wort, Vitamin D and E, garlic, Fish Oil/Omega 3, Flaxseed Oil, Omega's, Turmeric, Green Tea, Horse chestnut Seed Extract, Alcohol, and non-steroidal anti-inflammatory drugs (NSAIDS) in the 5-7 days prior to your treatment as they may promote the risk of bruising in the injection area.
- If you are currently taking anti-coagulation medications (Warfarin, Coumadin, Heparin, Lovenox, Enoxaparin, Lepirudin, Refludan, Ticlopidine Ticlid, Clopidogrel, Plavix, Tirofiban, Aggrastat, Eptifibatide, Integrelin), discuss the use of these medications with your healthcare provider prior to your treatment.
- If you are prone to cold sores (oral herpes simplex), take your prescribed medication (Famvir, Famciclovir, Valtrex, Valacyclovir, Acyclovir) as prescribed in the 24 hours prior to your treatment. Should you require a prescription, it is very important that you notify Ageless Aesthetics MediSpa at 505-473-SKIN a week in advance of the appointment to have a prescription called in for you.

After each treatment session with Sculptra® Aesthetic there are a few easy things, you will need to help with the treatment results. Make a note to remember to do these things every day:

- **YOU MUST GIVE YOURSELF - facial massages:** Massage the treated area for 5 minutes 5 times a day for 5 days after treatment as recommended by your practitioner.
- **AVOID - exercise, excess sunlight, and UV exposure:** Protecting your skin from the sun (and/or tanning beds, LED light therapy) is always important, but after treatment, excessive sunlight and UV lamp exposure should be avoided until any initial swelling and redness go away. Avoid heat exposure for 7 days post treatment.
- **Apply a warm compress** to the treated area to ease any discomfort.
- Most patients return to their normal routine immediately.
- **Avoid touching the injected areas** or using sponges, makeup brushes, etc., which could harbor bacteria and spread infection, for at least 8 hours after treatment.
- A few days after treatment, you will look as you did before treatment. This is normal, over time, Sculptra® Aesthetic will replace lost collagen.
- Remember, Sculptra® Aesthetic works by gradually replacing lost collagen. It provides improvements subtly without making it look like you've had work done. For optimal results, it is strongly recommended that everyone who receives Sculptra® Aesthetic complete their Sculptra® Aesthetic plan, which consists of a minimum of 2 treatments.

Follow-Up Treatment:

- For maximum efficacy, you must schedule your 2nd treatment no more than 6 weeks after your initial Sculptra® Aesthetic injection treatment.
- A third treatment may be necessary for regeneration of advanced volume loss correction.
- Results can take up to 4-6 months to appear as it can take this long for the tissue to regenerate to the point of showing visual improvements. In some cases, visible results may not be seen until 3 sessions have been completed.
- The results can last more than two years.
- Annual maintenance is recommended to maintain the regeneration achieved. There is a Sculptra® Aesthetic Annual Maintenance Fee.

It is the responsibility of each guest to fully review the Pre-Care and Post Care guidelines. If a scheduled service requires modification/cancellation because you do not meet the aforementioned criteria, you are responsible for notifying the medical spa no less than 24 hours in advance to avoid a late cancellation fee of \$75.00. If you are unable to contact an Ageless Aesthetics MediSpa representative within normal business hours, please leave a detailed voicemail. The voicemail system date-stamps/timestamps all voicemails with Mountain Standard Time (MST) zone times. Cancellations and modifications must be made within the MST zone in order to avoid no-show/late cancellation fees. If you have ANY questions or concerns, please call our office during business hours at 505.473.SKIN (7546).