



SCULPTRA AESTHETIC

PRE AND POST CARE

PRE-TREATMENT CARE

- Wait at least six months post isotretinoin use before your Vivace procedure, as isotretinoin use may impair proper wound healing.
- Discontinue the use of topical products containing AHAs, Retinols, or Vitamin A three days prior to your Vivace.
- Avoid sun exposure, tanning beds or self-tanners on treatment area for at least 72 hours prior to treatment
- If you are prone to herpes simplex outbreaks, such as cold sores, consult your provider on ways to treat prior, or discuss whether the procedure is appropriate for you.
- If your face or treatment area has irritated skin (sunburn, open wounds, sores) the day preceding your appointment, please contact our office before your appointment.
- This procedure may not be performed on active breakouts or open lesions.
- Avoid blood-thinning medications*, supplements and substances for 3 days prior to treatment (If you are prescribed a blood thinning medication such as aspirin or an anticoagulant by your doctor for a cardiovascular condition, then please check with your doctor prior to stopping the medication.)
- If you have a Pacemaker or Defibrillator; severe hypertension, cardiovascular or cerebrovascular disease; artificial bone, collagen, silicosis or synthetic materials in the treatment areas, ask your doctor if this procedure is appropriate for you.
- If you are on autoimmune therapy, have a bleeding disorder, history of keloid or hypertrophic scarring, ask your doctor if the procedure is appropriate for you.
- Hydrate prior to your Vivace service; drink at least 8 glasses of water per day

If you have any questions before or after your appointment, you can email us at info@lakeshoreskinandbody.com or call/text us at 906-273-0512. Thank you for choosing Lakeshore Skin + Body!



PRE-TREATMENT CARE

- Arrive at your appointment with a clean face: *No makeup, moisturizers, creams, gels, or lotions.*
- No active skin infections or wounds anywhere on your body.
- No dental work (including cleanings, deep cleaning, extractions, or surgery) for 4 weeks before and after your Sculptra treatment.
- No surgeries (including medical procedures and vaccinations) for 4 weeks before and after your treatment.
- No active cold sores: Inform us before your appointment if you currently have or develop a cold sore; we may recommend antiviral medication.
- No Sculptra if you are ill: Postpone if you've had any illness, fever, or infection within 4 weeks prior to your treatment.
- Immunocompromised patients: If you are taking immunosuppressants or have a chronic immune condition, provide details before scheduling.
- Pregnancy and breastfeeding: Sculptra is not recommended.
- Stop all blood-thinning supplements (fish oil, vitamin E, garlic, ginkgo, St John's Wort, turmeric, green tea, etc.) 1-2 weeks prior to treatment.
- Avoid NSAIDs (ibuprofen, naproxen, aspirin, etc.) for at least a week before treatment, unless prescribed — *do not stop prescription medications without consulting your physician.*
- No alcohol for 24-72 hours prior to your appointment.
- No smoking or vaping for 6 hours before procedure.

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- No coffee or caffeinated drinks for 6 hours before procedure.
- No exercising or vigorous activity for 6 hours before your appointment.
- Optional: *Arnica tablets* may help reduce bruising. Begin taking as directed, 2-3 days before your procedure.

POST-TREATMENT CARE

- Within the first 24 hours, an ice pack wrapped in cloth (avoiding any direct contact of the ice with the skin) should be applied to the treatment area to reduce swelling and bruising.
- [Sculptra](#) may cause redness, swelling, or bruising when first injected into the skin, typically resolving in hours to one week. Hematoma may also occur, typically resolving in hours to about two weeks. Worsening or prolonged symptoms or signs should be reported to the health care provider. The original skin depression may initially reappear, but the depression should gradually improve within several weeks as the treatment effect of Sculptra occurs. The health care provider will assess the need for additional Sculptra injection sessions after at least four – 6 weeks.
- It is recommended to massage in a circular fashion the treated areas for 5 minutes, 5 times per day for 5 days following any injection session, according to the physician's advice.
- Treatment with [Sculptra](#) can result in small papules in the treated area. These subcutaneous papules are typically not visible and asymptomatic and may be noticed only upon pressing on the treatment area. However, visible nodules, sometimes with redness or color change to the skin, have been reported. Patients should report these events and any other side effects to their health care provider.

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- Aesthetic make-up may be applied a few hours post-treatment if no complications are present.
- Exposure of the treated area to sun and UV lamp exposure and extreme temperatures are to be avoided until any initial swelling and redness has resolved. Patients should be informed about appropriate sunscreen protection according to the physician's advice.
- Avoid exercise for 24 hours after treatment.
- Diligently follow your practitioner's instructions with use of antihistamines if you are prone to seasonal allergies.
- If you experience severe weather or dramatic atmospheric pressure changes in your geographic location, you may experience greater than normal swelling or complications.
- To avoid additional swelling, sleep with head elevated for 2-3 days post treatment.
- Avoid washing your face for 12 hours following treatment.
- Don't wear makeup or apply facial creams for 48 hours following treatment.

WHAT TO EXPECT

- Immediately after a [Sculptra](#) injection session, redness, swelling, and/or bruising may appear in the treatment area. To reduce the risk of edema and/or bruising after injection, an ice pack wrapped in cloth (avoid any direct contact of the ice with the skin) is applied to the treated areas. See ADVERSE EVENTS for details of the incidence and severity of adverse event observed immediately post-injection during the clinical trial.
- To help Sculptra distribute evenly in the contour deficiency, it is important at the end of the treatment session to manually massage in a circular fashion the treatment area for a minimum of 2 minutes. A facial moisturizer should be used to perform the massage

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- Early occurrence of subcutaneous nodules at the injection site (within 3 to 6 weeks after the treatment) may be minimized by adhering to proper dilution and injection techniques (e.g., avoiding superficial injections or over-correction). In addition, massaging the treatment area to ensure proper distribution of the product may also minimize the appearance of nodules.
- Nodules usually resolve spontaneously. However, as reported in published literature, some nodules may require medical treatment such as subcision (break-up of nodules with sterile saline solution), and delayed occurrence of subcutaneous nodules at the injection site (usually will manifest within 3 to 4 months after the treatment) may require treatment such as intralesional injections of corticosteroids, subcision and/or excision.
- It may take a minimum of 12 plus weeks for treatment results to be noticeable.
- Minor bruising and swelling is normal and to be expected.
- Lumps and/or bumps may temporarily occur at or along treatment site(s). These will resolve with time and are seldom a cause for concern.
- Minor pain at injection site is normal and to be expected. Pain may last up to week post treatment.
- Asymmetry and irregularity of tissue treated is common post treatment and usually resolves itself.

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