



450 Sutter St. Ste. 2340  
San Francisco, CA 94108  
Phone: (415) 839-8118

## **Sculptra**

This product is known as the liquid face lift. Sculptra® aesthetics is an injectable solution that restores and corrects the signs of facial fat loss by replacing volume. Sculptra® aesthetics is a synthetic injectable material known as “poly-L-lactic acid.” Poly-L-lactic acid is biocompatible (a material that does not harm the body) and biodegradable (able to be broken down by the body). It is not made from human or animal sources and does not require a skin test. For most people, it requires 3 sessions of injections done six weeks apart to see the full effect. During your first treatment, it may seem that Sculptra® aesthetics worked immediately because of the swelling from the injections and water used to dilute the product. In a few days the swelling goes down and you may look as you did before the treatment. Results last up to two years .

### **Post Care Instructions:**

- Massage the treated areas for 5 minutes at a time, 5 times a day, for 5 days after treatment.

### **What can I expect after treatment?**

- **Swelling:** Swelling is normal and swelling may be uneven. Swelling is typically the worst two days after treatment. To minimize swelling:
  - Apply cold compresses to treated areas to help with swelling for 15-20 minutes, 3 or 4 times a day if needed.
  - You can take an antihistamine (Like Zyrtec or Allegra) or Arnica Montana/Bromelain supplements, which can be found at your local pharmacy.
  - Sleep with your head slightly elevated the first night.
- **Bruising:** Some bruising is normal and may last for 5-7 days. Aspirin, Vitamin E and non-steroidal anti-inflammatory drugs such as Ibuprofen may make the bruising worse. Tylenol is a good alternative if you are experiencing discomfort. Arnica and bromelain may help to reduce bruising.
- **Redness:** You may apply makeup a few hours after treatment to minimize redness.
- **Tenderness/Pain:** There may be minimal discomfort for a day or two. We recommend using Tylenol as directed on bottle.
- **Lumpiness:** Some lumpiness is normal. Give two to three weeks for everything to settle.
- **Avoid strenuous exercise and alcohol** for 24 hours post treatment.
- **Dental Work:** No dental work for 2 weeks after filler.

**Additional Treatments:** Some patients need more treatments for optimal results.

If you have any questions or concerns, we are here for you. Please call or text our office at (415) 839-8118 or email us at [hello@carencampbellmd.com](mailto:hello@carencampbellmd.com).