SCULPTRA

PRE AND POST CARE

PRE-TREATMENT CARE:

- To reduce your risk of bruising, avoid the use of aspirin, NSAIDS, garlic supplements, ginkgo biloba, green tea, flax & cod liver oil, essential fatty acids, and vitamins A & E for 1-week pre and posttreatment.
- To reduce your risk of bruising, avoid alcohol 24 hours pre and post treatment.
- You may take Arnica tablets 2-3 days prior to your treatment to help reduce your risk of bruising.
- Inform your RENU provider if you have a history of cold sores. You may be advised to take an antiviral medication 2 days before/after treatment.
- No dental work 2 weeks before or after your treatment.
- No vaccinations 2 weeks before or after your treatment.
- If you are on prescription antibiotics or steroids, you must wait 2 weeks after the completion of your treatment.
- Arrive to your appointment free of make-up.

POST-TREATMENT CARE:

- Massage areas treated for 5 minutes, 5 times day, 5 days to reduce the likelihood of nodule formation.

- You may experience moderate swelling, redness, and/or bruising. Arnica tablets help reduce the amount of swelling/bruising.
- Tylenol will help relieve mild tenderness or discomfort.
- Avoid strenuous exercise for 24 hours to reduce bruising.
- Avoid alcohol for 48 hours.
- Stay well hydrated.
- Avoid wearing makeup for 24 hours.
- Wear a broad-spectrum UVA/AVB 30 sunscreen.
- If you notice unusual discoloration (i.e., white/opaque patches)or a cold area on your skin call your RENU provider immediately.
- Sculptra is a collagen stimulator and although you may notice an immediate improvement, this will subside in about 24 hours.
- Long-lasting results are typically seen in 3-6 months with the appropriate number of treatments (3+treatments).
- Results can last more than two years, but yearly maintenance is recommended.
- Follow up treatments should be scheduled every 4-6 weeks.

If you have any questions before or after your treatment, email us at info@renuaesthetic.com or call/text us at 541-218-3370. Thank you for choosing RENU Aesthetics!