

Sculptra® Pre-Treatment Instructions

We are excited about your upcoming appointment and are committed to ensuring you have a comfortable and successful experience with us! To help prepare for your visit, we've outlined some important pre-treatment instructions.

Sculptra® is an injectable treatment that stimulates your skin's natural collagen production, gradually restoring facial volume and smoothness. Ideal for those seeking a long-lasting, subtle enhancement, Sculptra® delivers results that improve over time.

- **Results Timeline**

- Please note that Sculptra® works by stimulating your body's own collagen production, and results typically take about 3 months to start becoming noticeable. Full benefits are usually observed over a series of sessions.

- **Medications and Supplements**

- If possible, avoid blood-thinning medications (e.g., aspirin, ibuprofen) and supplements (e.g., vitamin E, fish oil, ginkgo biloba) for approximately 1 week prior to treatment. These can increase the risk of bruising.
- Always consult with your physician before stopping or modifying any prescribed medications.

- **Alcohol Intake**

- Minimize or avoid alcohol consumption for at least 24 hours before your appointment, as alcohol can also increase the likelihood of bruising and swelling.

- **Skin Condition and Treatments**

- Avoid aggressive skincare or treatments (chemical peels, laser therapy, waxing, etc.) on the treatment area for at least 1 week prior. This helps ensure your skin is calm and not irritated before the procedure.
- Arrive with clean skin on the day of your appointment (avoid wearing makeup, lotions, or creams on the treatment area).

- **Health and Medical History**

- Inform your provider if you have a history of cold sores or herpes simplex virus, especially if you plan to treat areas around the mouth, as you may need preventive medication.
- Disclose any recent medical procedures, vaccinations, or dental work.
- Let your provider know if you are pregnant, nursing, or have any underlying health issues.

- **Hydration and Diet**

- Staying well-hydrated in the days leading up to the treatment can help support optimal skin condition.
- Eat a light meal before your appointment to avoid feeling lightheaded or faint, especially if you feel anxious about injections.

- **Allergies and Previous Reactions**

- Inform your practitioner about any allergies or adverse reactions you have had with injectables, anesthetics, or skincare products.

- **Scheduling**

- Plan your treatment at least 2 weeks before any major events to allow bruising or swelling (if any) to subside.

Thank you and we look forward to seeing you!

Aloha Aesthetics MD

Sincere Service. Remarkable Results.