**Sculptra (PLLA) Post Care Advice**

**Expect**: redness, swelling, bruising and or tenderness in the treated area. Bruising is a common and expected side effect with any injectable treatment. This is not due to poor technique and will not alter the final result of your treatment.

**Things to do after your treatment:**

* **Use a cool gel compress**: apply to the treatment area for 10 – 15 minutes every hour. Do not use ice.
* **Paracetamol:** take 2 paracetamol, up to 4 times a day for discomfort.
* **Massage: “ 5x5x5”** To avoid lumps, firmly massage the treatment area for 5 minutes, 5 times a day for 5 days.  **This is mandatory and will affect the results if not performed correctly.** You are much more likely to get a nodule if you do not massage the area. The 5 mins can be cumulative e.g. you can do 1 min intervals (when you have a break, lunch, stop at a traffic light or talk on the phone). Massage with Bepanthen, arnica cream or a light moisturiser .

**Things to avoid:**

* **Avoid makeup** until the day after your procedure. Clean mineral makeup is the best.
* **Avoid strenuous exercise** and **alcohol** for 24 hours.
* **Avoid pressure** on the treated areas for the first few nights (i.e. sleep on back of possible)
* **Do not use active cosmeceuticals** e.g AHA, Retinols/Vitamin C therapy or oil based make-up for at least 24 hours.
* **Avoid intense heat/cold exposure** (eg solarium, sauna, spa , long hot showers) for 2- 3 days post treatment until the inflammation has settled.
* **Avoid** any medications containing NSAIDs, aspirin, vitamin E and ginseng for the week prior and the week following treatment unless medically necessary.
* **Do not have topical treatments for 2 weeks:**  including facials, facial waxing, peels, IPL , energy based treatments or microdermabrasion for 2 weeks after treatment.
* **Avoid** any medications containing NSAIDs, aspirin, vitamin E and ginseng for the week prior and the week following treatment unless medically necessary.

Rarer side effects have been discussed in the consultation process and are not expected, but possible and include the following issues (discussed below). You must read and understand these risks before you have a procedure, as this is the only way you can give informed consent for a treatment.

**Nodules**

Nodules (lumps) are uncommon after Sculptra, however if they do occur they generally start after 2- 3 months. If you feel any lumps forming please book a consultation in person with our doctor ASAP as we can prescribe steroids and other medications to reduce this risk. The best way to reduce nodule formation is massage (5x5x5).

Occasionally patients have an allergic response to Sculptra, called a granuloma. This can happen with any injectable product. This is why I do not inject Sculptra to patient who have multiple allergies or autoimmune issues. If you are lumps at any time after your treatment, please see our doctor as soon as possible.

**Vascular Occlusion**

Vascular occlusion with Sculptra is very rare and is much less common than with dermal fillers, which is still uncommon (<1/100,000 treatments). However VOs are difficult to reverse with Sculptra which is why we do slow, steady treatments and take time to perform our treatments. This is also why only an advanced injector should use sculptra.

**Expected Outcome**

Collagen Stimulators can take up to **12 weeks** for results to work, as they require the body to make new protein. This takes time.

Our general treatment plan is 2 vials for the lateral face, spaced 8 to 12 weeks apart. We may also treat the neck and decolletage region at the same, or at a different time. Some people require multiple treatment sessions to obtain their desired aesthetic outcome. Each person is different and will require different amounts of collagen stimulation to get results. We have seen results in people aged 30 to 70!

We recommend a maintenance treatment of 1-2 vials every year to ensure longevity.

The results from Collagen Stimulators are long-lasting, but not permanent. Longevity depends on the volume of product injected, its indication, compliance with aftercare and individual factors such as the ability of your immune system to react to the product. Your lifestyle will have a big impact on your results, so please focus on your nutrition, exercise, sleep and stress management.

Unfortunately, while we try our best to maximise your results, we cannot guarantee the longevity of the treatment. We will always be honest and assess/manage your concerns within our scope of practice. Regular, maintenance treatments are essential for long-lasting results.

**Retreatment**Re- treatment can occur any time from 2- 3 month after your treatment. Once you have reached your aesthetic goal, we advise an annual top up.

**Review**

We offer review at 2- 3 months to consider a retreatment or take after photos to assess response. Remember we are all asymmetrical and collagen stimulation takes time.it is also cumulative so the more you do, the better result you see. Our clinicians are trained to offer you the best aesthetic outcomes, and to set boundaries when we have a good result.

**EMERGENCY**

If you are concerned about anything with your treatment, please contact our clinic on 0404 123 781 via SMS or calling. You can also email us on [info@thriveskinclinic.com.au](mailto:info@thriveskinclinic.com.au).

At the completion of your treatment, you will be given an emergency number to call in the case of severe symptoms- If it is after hours please TEXT or call this number. This number is ONLY to be used in cases of **severe** side effects. Including pain out of proportion to the expected, severe swelling, possible allergic reaction, blanching or whitening of the skin, blistering of the skin, visual disturbances or any change to mental state. If there is a high level of concern after hours present to your nearest emergency department or call 000.

Take this sheet with you.