Prepare for Your Treatment

SCULPTRA® — BEFORE YOUR APPOINTMENT

Tell Your Provider

Your provider will ask about your medical history to determine whether Sculptra is appropriate for you. Tell them about all the medicines you are taking, including over-the-counter medicines and treatments.

Let us know before your appointment if you:

- Are pregnant, planning to become pregnant, or breastfeeding.
- Take any medication used to decrease the body's natural defense system (immunosuppressants).
- Have a bleeding disorder, or take medication that can thin your blood or prolong bleeding, such as aspirin or warfarin.
- Have recently had skin therapies such as laser treatment, mechanical or chemical peels, or hair removal — these may increase the risk of redness, swelling, heat, or pain of the skin.
- Have severe allergies, with a history of severe reactions (anaphylaxis) or multiple severe allergies.
- Have had, or are at risk of, keloid formation or hypertrophic scarring, or are allergic to any ingredient of Sculptra.

Before You Arrive

Postpone if Your Skin Is Not Healthy:

- Treatment over skin sores, cysts, pimples, rashes, hives, or infection should be postponed until healing is complete.

Arrive Without Makeup:

- All make-up should be removed to prepare for an injection session. Your provider will clean the treatment area with an antiseptic and map the face before injecting.

You and your provider will decide together whether a topical or local anesthetic is needed.

The Five-Day Massage

AFTER YOUR TREATMENT

Massage: 5 — 5 — 5

Massaging the treated area is how Sculptra distributes evenly, and it is the single most important thing you do at home. Galderma's rule of thumb is 5-5-5.

- Massage the injected area in a circular fashion for 5 minutes, 5 times a day, for 5 days in a row, following your provider's advice.
- Use a facial moisturizer to perform the massage.

The First 24 Hours

Ice:

- Within the first 24 hours, apply ice or an ice pack wrapped in cloth to the treatment area to help reduce swelling. Never put ice directly on your skin.

Heat, Sun and Exercise:

- Avoid or minimize hard (strenuous) exercise and exposure to extensive sun, UV lamps, indoor tanning beds or booths, or extreme temperatures within the first 24 hours after treatment. These may cause temporary redness, swelling, pain, and/or itching at the injection site.
- Keep the treated area out of the sun and away from UV lamps until any initial swelling and redness has resolved.

Makeup:

- Make-up may be applied a few hours after treatment if there are no complications such as open wounds or bleeding.

Most patients are able to return to their activities immediately after treatment.

What to Expect

Right After Your Session

You will usually see some swelling at the end of your session, caused by the water used to reconstitute Sculptra and by the injections themselves. This gives the appearance of a full correction straight away.

That swelling typically resolves within several hours to a few days, and the original contour will reappear. This is expected — it is not the treatment wearing off.

Common Side Effects

- As with any injectable wrinkle filler, you can expect injection-related side effects such as bleeding, tenderness or pain, redness, bruising, or swelling.
- These generally resolve within a few hours to a few days, but could last 14 days or longer. Most patients report them as mild to moderate and gone within one to two weeks.
- Small lumps under the skin can sometimes be noticeable when pressing on the treated area. Larger lumps, some with delayed onset and with or without inflammation or skin discoloration, have also been reported.

Your Results Build Slowly

- Visible correction appears gradually over several weeks as the treatment effect of Sculptra occurs.
- Most people need one to four sessions, typically three, spaced about three to four weeks apart.
- In a U.S. clinical study, results lasted up to 25 months after the last session for some patients. How much correction you see depends on your starting point, and your provider will talk you through what to expect.

We will see you again in three or more weeks to decide whether you need an additional session.

Sculptra may show on an ultrasound or MRI. If you have either scan of the treated area, tell the person performing it that you have had Sculptra there.

When to Contact Us

Seek Immediate Medical Attention

Seek immediate medical attention if you develop any of the following during or shortly after your treatment:

- Unusual pain.
- Changes in your vision.
- A white appearance of the skin near the injection site.
- Any signs of a stroke — sudden difficulty speaking, numbness or weakness in your face, arms, or legs, difficulty walking, face drooping, severe headache, dizziness, or confusion.

Call Nude Medical

- Report any worsening or longer-lasting signs or symptoms to us so we can see you.

Call us at (707) 602-3809.

Always follow your provider's personal instructions where they differ from this guide.