



New Image Works
3633 W Lake Ave, Ste 303, Glenview, IL 60026 (224) 432-5803
1348 N Wells St, Chicago, IL 60610 (312) 638-4979
2920 NE 207th Street, Suite 1005, Aventura, FL 33180 (786) 438-0778

SCULPTRA PRE-TREATMENT INSTRUCTIONS

To protect your health and ensure the best outcomes, please follow all instructions before your Sculptra procedure.

TO PREVENT INFECTION

- Arrive at your appointment with a clean face: No makeup, moisturizers, creams, gels, or lotions.
- No active skin infections or wounds anywhere on your body.
- No dental work (including cleanings, deep cleaning, extractions, or surgery) for 4 weeks before and after your Sculptra treatment.
- No surgeries (including medical procedures and vaccinations) for 4 weeks before and after your treatment.
- No active cold sores: Inform us before your appointment if you currently have or develop a cold sore; we may recommend antiviral medication.
- No Sculptra if you are ill: Postpone if you've had any illness, fever, or infection within 4 weeks prior to your treatment.
- Immunocompromised patients: If you are taking immunosuppressants or have a chronic immune condition, provide details before scheduling.
- Pregnancy and breastfeeding: Sculptra is not recommended.

TO PREVENT OR MINIMIZE BRUISING AND SWELLING

- Stop all blood-thinning supplements (fish oil, vitamin E, garlic, ginkgo, St John's Wort, turmeric, green tea, etc.) 1-2 weeks prior to treatment.
- Avoid NSAIDs (ibuprofen, naproxen, aspirin, etc.) for at least a week before treatment, unless prescribed — do not stop prescription medications without consulting your physician.
- No alcohol for 24-72 hours prior to your appointment.
- No smoking or vaping for 6 hours before procedure.
- No coffee or caffeinated drinks for 6 hours before procedure.
- No exercising or vigorous activity for 6 hours before your appointment.



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- Optional: Arnica tablets may help reduce bruising. Begin taking as directed, 2-3 days before your procedure.

ADDITIONAL IMPORTANT NOTES

- Inform us of all medications, allergies, and medical conditions.
- Notify us immediately of any illness, skin infection, or cold sore prior to your appointment.
- Following these instructions reduces risk of infection, bruising, and complications and improves your healing and cosmetic result.

POST TREATMENT INSTRUCTIONS FOR SCULPTRA

For optimal treatment results at New Image Works Med Spa, it is crucial to carefully review these instructions. By signing below, you confirm that you have read and fully understood them. If you experience any unexpected side effects or unlisted abnormalities, please contact our office immediately. Your safety, comfort, and satisfaction are our top priorities in every aesthetic and wellness treatment we provide.

TREATMENT RESULTS

- Immediately after a Sculptra injection session, redness, swelling, and/or bruising may appear in the treatment area. To reduce the risk of edema and/or bruising after injection, an ice pack wrapped in cloth (avoid any direct contact of the ice with the skin) is applied to the treated areas. See ADVERSE EVENTS for details of the incidence and severity of adverse event observed immediately post-injection during the clinical trial.
- To help Sculptra distribute evenly in the contour deficiency, it is important at the end of the treatment session to manually massage in a circular fashion the treatment area for a minimum of 2 minutes. A facial moisturizer should be used to perform the massage



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- Early occurrence of subcutaneous nodules at the injection site (within 3 to 6 weeks after the treatment) may be minimized by adhering to proper dilution and injection techniques (e.g., avoiding superficial injections or over-correction). In addition, massaging the treatment area to ensure proper distribution of the product may also minimize the appearance of nodules.
- Nodules usually resolve spontaneously. However, as reported in published literature, some nodules may require medical treatment such as subcision (break-up of nodules with sterile saline solution), and delayed occurrence of subcutaneous nodules at the injection site (usually will manifest within 3 to 4 months after the treatment) may require treatment such as intralesional injections of corticosteroids, subcision and/or excision.
- It may take a minimum of 12 plus weeks for treatment results to be noticeable.
- Minor bruising and swelling is normal and to be expected.
- Lumps and/or bumps may temporarily occur at or along treatment site(s). These will resolve with time and are seldom a cause for concern.
- Minor pain at injection site is normal and to be expected. Pain may last up to week post treatment.
- Asymmetry and irregularity of tissue treated is common post treatment and usually resolves itself.

PATIENT INSTRUCTIONS

It is recommended that the following information is shared with patients by the healthcare provider:

- Within the first 24 hours, an ice pack wrapped in cloth (avoiding any direct contact of the ice with the skin) should be applied to the treatment area to reduce swelling and bruising.
- Sculptra may cause redness, swelling, or bruising when first injected into the skin, typically resolving in hours to one week. Hematoma may also occur, typically resolving in hours to about two weeks. Worsening or prolonged symptoms or signs should be reported to the health care provider. The original skin depression may initially reappear, but the depression should gradually



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improve within several weeks as the treatment effect of Sculptra occurs. The health care provider will assess the need for additional Sculptra injection sessions after at least four – 6 weeks.

- It is recommended to massage in a circular fashion the treated areas for 5 minutes, 5 times per day for 5 days following any injection session, according to the physician's advice.
- Treatment with Sculptra can result in small papules in the treated area. These subcutaneous papules are typically not visible and asymptomatic and may be noticed only upon pressing on the treatment area. However, visible nodules, sometimes with redness or color change to the skin, have been reported. Patients should report these events and any other side effects to their health care provider.
- Aesthetic make-up may be applied a few hours post-treatment if no complications are present.
- Exposure of the treated area to sun and UV lamp exposure and extreme temperatures are to be avoided until any initial swelling and redness has resolved. Patients should be informed about appropriate sunscreen protection according to the physician's advice.
- Avoid exercise for 24 hours after treatment.
- Diligently follow your practitioner's instructions with use of antihistamines if you are prone to seasonal allergies.
- If you experience severe weather or dramatic atmospheric pressure changes in your geographic location, you may experience greater than normal swelling or complications.
- To avoid additional swelling, sleep with head elevated for 2-3 days post treatment.
- Avoid washing your face for 12 hours following treatment.
- Don't wear makeup or apply facial creams for 48 hours following treatment.

Contact us if you:

1. Experience increased redness, swelling or pain at injection site.
2. Have additional questions or concerns regarding your treatment/treatment follow-up.