



PLASTIC SURGERY, REGENERATIVE AND MEDICAL SPA

Biostimulators (Sculptra)



Pre/Post Treatment Instructions

Important Information from Dr. Naomi Placella, NMD
at DrSkin Plastic Surgery, Regenerative & Medical Spa

Congratulations!

Congratulations on successfully undergoing your treatment. This document has been meticulously crafted to guide you through the post-operative process, with the goal of ensuring the smoothest possible recovery and achieving the best possible outcomes. It is of paramount importance that you review this information in its entirety and adhere strictly to all provided instructions. Your diligent compliance will significantly contribute to the overall success of your recovery.

Should you have any questions or require further clarification, please do not hesitate to contact Dr. Naomi Placella, NMD and the expert medical staff directly at DrSkin Med Spa at **(888) 717-1631**.



PRE-TREATMENT INSTRUCTIONS

- **Avoid taking aspirin:** or other non-steroidal anti-inflammatory drugs (NSAID) such as Ibuprofen, Advil®, Motrin®, Nuprin®, Aleve®, Meloxicam, Celebrex®, Fish oil, Ginkgo Biloba, Evening Primrose oil, St. John's Wort and Vitamin E for at least 5 days before your appointment, unless medically necessary. CHECK with your physician to confirm if it is safe for you to stop your medication.
- **DO NOT:** drink alcoholic beverages for 48 hours prior to and after your aesthetic treatment.
- **Avoid caffeine:** the day of your treatment.
- **You may take Tylenol®:** (if not contraindicated) one hour before your appointment to prevent any discomfort you may experience. If you have concerns about discomfort.
- **If you are taking:** prescription blood thinners such as Coumadin, Warfarin, Heparin, Plavix or Eliquis, you should check with your prescribing doctor to see if you are eligible to stop these medicines for 7 days before your appointment and at least 2 days after the procedure has been done.
- **If you have a history:** of Herpes Simplex (cold sores) on your lips or face, be sure you inform your injector at least one week prior to your appointment. This will allow us adequate time to prescribe medication to prevent a potential outbreak.
- **Avoid dental procedures:** including teeth cleaning, 3 weeks pre filler treatment and 3 weeks post filler treatment.
- **Arrive at your appointment:** with a clean face. This means no makeup or moisturizer.
- **Eat a meal or a snack:** before your appointment. Be hydrated, too.
- **NO exercise or physical activity:** on the day following your appointment.
- **Arnica pearls can be taken:** orally 1-3 days leading up to your appt.
- **Refrain from exercise:** for the remainder of the day following your injection(s). You may want to refrain from going to any special events for 1-3 weeks post treatment.

Please contact DrSkin Med Spa if you have any concerns following your treatment.



Dr. Naomi Placella, NMD



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POST-TREATMENT

- **Massage:** Massage the treated areas 5 times a day for 5 minutes each time for a total of 5 consecutive days. Use a cream or lotion to reduce friction while massaging.
- **Ice:** Apply ice pack or cold compress to the treated areas for 3-5 minutes a few times a day to reduce swelling and bruising.
- **Avoid strenuous activity:** Avoid strenuous workouts, heavy lifting, and excessive exertion for 24 - 72 hours post.
- **Avoid alcohol and caffeine:** Avoid alcohol, caffeine, hot drinks, and spicy food for 24 - 48 hours post.
- **Avoid sun exposure:** Avoid exposure to the sun and UV lamps until any redness and swelling have subsided. This may be up to 2 weeks post treatment. Use sunscreen with an SPF of 30 or higher.
- **Avoid makeup:** For 24 hours.
- **Avoid:** Other medical aesthetic treatments for 2 weeks.
- **Avoid dental work:** Including cleanings for 2 weeks pre and post treatment.
- **Avoid vaccines:** of any kind for 2 weeks pre and post treatment.
- **Pain relievers:** Take acetaminophen or Tylenol® if you experience any mild tenderness or discomfort. Avoid NSAIDs or aspirin when possible as then can promote bruising.
- **Sleep with head elevated:** For 2-3 days to avoid additional swelling.
- **Common side effects include:** Swelling, bruising, tenderness or soreness, redness, and itching at the injection sites.

Please contact DrSkin Med Spa if you have any concerns following your treatment.

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