

**Sculptra Liquid Butt Lift**

**Pre & Post Care Instructions**

**Pre-Treatment Instructions:**

**Avoid the following** for 1 week prior to and after treatment to reduce the risk of bruising:

* Aspirin, NSAIDs (e.g., Ibuprofen), Ginko Biloba, Garlic Supplements, Green Tea, Flax Oil, Cod Liver Oil, Vitamins A and E, Essential Fatty Acids

**Alcohol**: Avoid drinking alcoholic beverages for 24 hours before and after your treatment to minimize bruising.

**Arnica Tablets**: Consider taking Arnica 2-3 days prior to your treatment to help reduce bruising.

**Day of Treatment:**

**Clean Skin**: Arrive with clean skin, free of lotions or creams.

**Comfortable Clothing**: Wear loose, comfortable clothing to your appointment.

**Hydration**: Arrive well-hydrated, having consumed food and plenty of fluids on the day of your treatment.

**Expect Mild Tenderness**: You may experience some tenderness, stinging, and possible redness, swelling, or numbness, all of which are normal.

**Numbness**: Numbness should resolve within 3-5 hours.

**Vasovagal/ Fainting Concerns**: Inform your provider if you are prone to fainting or experience vasovagal symptoms, as this may require special consideration during the procedure.

**Post-Treatment Instructions:**

**Massage**: Massage the treated areas 5 times a day for 5 minutes each time, for 5 days after your treatment.

**Ice**: Apply ice as needed on the day of your treatment (avoid firm pressure).

**Pain Relief**: If necessary, take Acetaminophen/Tylenol for mild discomfort. Avoid Ibuprofen, Advil, or Aspirin as they may increase bruising.

**Swelling & Bruising**: Moderate swelling, redness, and possible bruising are normal. These should resolve within 10-14 days.

* You may use Arnica Gel or take Arnica Tablets to help reduce bruising.

**Managing Seeping:** A bandage may have been applied to your injection site. Some seeping or leaking at the site is normal. Please keep the area clean and apply a fresh bandage twice daily for up to 2 days, or as needed, to manage any leaking.

**UV Protection**: Avoid extended UV exposure until redness and swelling subside. Use SPF 50 to protect the treated area.

**Lotion**: You can apply lotion 24 hours after treatment.

**Exercise**: Avoid strenuous exercise for 48 hours to reduce bruising. Normal activities can be resumed immediately.

**Saunas/Hot Tubs**: Avoid saunas, jacuzzis, or steam rooms for 48 hours.

**Avoid Laser or Skin Treatments**: Refrain from laser, IPL, or skin tightening treatments in the treated area for at least 3 weeks.

**Report Concerns**: Contact your provider if you experience any worsening or prolonged symptoms.

**Additional Notes:**

* Results are **not immediate**; they will develop over time and may require **multiple treatments**.
* **Follow-up**: Schedule a follow-up appointment in 4-6 weeks for optimal results