

# AESTHETIC IQ

## CLINIC

### SCULPTRA

#### PRE-TREATMENT CONSIDERATIONS

- Drink lots of water to hydrate your skin.
- Pre-treat with Arnica by dissolving 4 pellets under your tongue 4 times a day, 4 days before treatment.
- Avoid fish oil (Omega 3's), Ibuprofen, Vitamin E, Ginkgo Biloba, Turmeric, Garlic & Aspirin for 7 days before and alcohol 3 days before to minimize bruising.
- Avoid dental procedures and vaccinations two weeks prior to treatment.

#### POST-CARE INSTRUCTIONS

- **Rule of 5's: Remember to massage the treated areas for 5 minutes 5 times a day for 5 days**
- Apply a cool compress to the injection site(s) on and off for the first 24 hours.
- Avoid excessive sun or heat exposure for 24 hours post-treatment, including saunas.
- Do not exercise for 24 hours.
- Apply Arnica cream to the treated area to help reduce swelling and bruising.

IN EMERGENCY SITUATIONS: Call 911 & call/text 480.454.5577

- Difficulty breathing or swallowing.
- Intense pain in the treated area.
- Excessive swelling that is increasing with time (allergic reaction).
- Skin color / temperature changes other than bruising (EX: skin that is white, or hot/cold).
- If you aren't sure if what you are experiencing is normal - call or email us!