

## **Sculptra Pre & Post Care Instructions**

### ARE THE RESULTS FROM SCULPTRA AESTHETIC IMMEDIATE?

No. Unlike other wrinkle fillers, SCULPTRA Aesthetic provides a gradual improvement of the depressed area over several weeks as the treatment effects occur. During the initial treatment session with SCULPTRA Aesthetic, a contour defect should be under-corrected, not fully corrected or over-corrected.

It may seem that your treatment worked immediately because of swelling caused by injection and the water used to dilute SCULPTRA Aesthetic. This usually resolves in several hours to a few days and may cause the original wrinkle to reappear: you may look as you did before your treatment. Visible wrinkle correction results appear slowly. Your healthcare provider should see you again in three or more weeks to decide if you need additional injections.

### HOW OFTEN ARE SCULPTRA AESTHETIC TREATMENTS GIVEN AND HOW MANY TREATMENTS ARE REQUIRED?

Your healthcare provider should see you approximately three weeks after each treatment session to assess whether you need additional treatment. You may need one to four treatment sessions (typically three) to achieve the optimal correction possible. The safety and effectiveness of SCULPTRA Aesthetic has only been studied in a single treatment regimen of up to four sessions at three week intervals.

### HOW LONG DO SCULPTRA AESTHETIC TREATMENT EFFECTS LAST?

In a U.S. clinical study treatment results for some subjects lasted for up to 25 months after the last treatment session. However, the improvement depended on the severity of the nasolabial fold wrinkle (WAS score) that a subject had before treatment. Discuss with your health care provider the optimal cosmetic correction you may expect.

### DO INJECTIONS OF SCULPTRA AESTHETIC HURT?

As with any injection, to decrease pain during injection, a topical or a local anesthetic may be applied to the injection area skin before injecting SCULPTRA Aesthetic. In U.S. clinical study, subjects recorded pain in diaries: 71% of all treated patients reported some pain after first injection, 14% of subjects had moderate pain. Most pain resolved in less than 24 hours.

### WHAT CAN I EXPECT TO HAPPEN AT A TREATMENT SESSION?

Your healthcare provider will answer all of your questions and ask about your medical history to determine if SCULPTRA Aesthetic injection is appropriate for you. Tell your healthcare provider about all the medicines you are taking, even over the counter medicines or treatments. You and your healthcare provider will determine if a topical or local anesthetic is needed.

- To prepare for an injection session, all make-up should be removed.
- An injection grid will be decided for each facial wrinkle that is candidate for this treatment and the area to be injected will be cleaned with an antiseptic.
- SCULPTRA Aesthetic will be injected in multiple small amounts into the skin using a fine needle in grid pattern.
- After injection, the treated area should be massaged to distribute the product evenly.
- An ice pack should be applied to the treatment area to help reduce swelling unless otherwise directed by your healthcare provider.

#### WHAT CAN I EXPECT AFTER TREATMENT?

As with any injectable wrinkle filler, you can expect injection-related side effects, such as bleeding, tenderness or pain/discomfort, redness, bruising, or swelling. These side effects generally resolve within a few hours to a few days but could last for 14 days or longer.

#### **Some specific instructions you should follow after treatment are:**

- Massage the treated area for 5 minutes 5 times per day for 5 days after your treatment.
- Within the first 24 hours after your treatment, apply ice or an ice pack wrapped in cloth (avoid putting ice directly on your skin) to the treatment area to help reduce swelling
- Avoid sun and UV sun lamp exposure until swelling and redness have disappeared • Report any worsening or longer-lasting signs of symptoms to your healthcare provider.
- Seek immediate medical attention if you develop symptoms such as unusual pain, vision changes, a white appearance of skin near the injection site, or any signs of a stroke (including sudden difficulty speaking, numbness or weakness in your face, arms, or legs, difficulty walking, face drooping, severe headache, dizziness, or confusion) during or shortly after the procedure

#### HOW QUICKLY CAN I GET BACK TO MY DAILY ACTIVITIES?

Most patients are able to get back to their activities immediately following treatment.

#### WHEN WILL I BE ABLE TO APPLY MAKE-UP AFTER TREATMENT?

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

