



## Pre & Post Sculptra Treatment Instructions

After each treatment session with Sculptra Aesthetic, there are a few easy things you will need to help with the treatment results. It is important to remember:

- Have an ice pack ready. Within the first 24 hours of treatment, apply a cloth-wrapped ice pack to the treated area for a few minutes at a time. Never apply ice directly to the skin. The cold will help reduce common swelling.
- Give yourself facial massages: massage the treated area for 5 minutes, 5 times a day for 5 days after treatment as recommended by your physician.
- Avoid excess sunlight and UV exposure. Protecting your skin from the sun is always important, but after this treatment, excessive sunlight and UV lamp exposure should be avoided until any initial swelling and redness go away. Your doctor will provide guidelines on sunscreen protection and how to avoid excessive sunlight.

Call your provider if you have any questions or concerns after treatment. Also, report any side effects to the clinic. Be sure to keep any follow-up appointments that may be scheduled. Call the office or your provider immediately to report any pain, redness, blisters, itching, or skin blanching.

Remember, Sculptra Aesthetic works by gradually replacing lost collagen. It provides improvements subtly without making it look like you've had work done.

### **Post-Sculptra Instructions:**

- Massage the treated areas 5 times a day for about 5 minutes for 5 days after treatment.
- Hold ice packs on the treated areas gently for about 3 - 5 minutes a few times that day.
- Feel free to wear makeup a few hours after.
- Treated areas may be red, swollen, and bruised for the first 2 - 7 days.
- Do not get a facial or massage for 2 weeks after your filler procedure.
- Avoid strenuous workouts and alcohol for 24 hours if possible.
- If bruising occurs, continue Arnica supplements. Apply topical Arnica gel, drink fresh pineapple juice, and / or take Bromelain supplements to help bruising resolve faster.
- Bruising can be covered with makeup, make sure to use clean brushes and makeup.
- A few days after treatment, you will look as you did before treatment. This is normal, over time, Sculptra will replace lost collagen.

### **Follow-Up Treatment:**

- Follow up treatments should be scheduled about every 4 - 6 weeks.
- Visible results may not be seen until 2 - 3 sessions have been completed.
- Results can last more than two years.



### Injectables Questionnaire

1. Have you had any previous injectables?
2. If so, do you know the product that was injected?
3. Have you had any facial surgery?
4. Do you have any allergies to medication?
5. Are you currently taking any medications?
6. Are you pregnant or breastfeeding?
7. Do you have any history of cold sores, canker sores, or shingles? If so, how frequently and where do they occur?
8. Do you suffer from any neurological / neuromuscular disease?
9. Do you suffer from an autoimmune disorder or one that affects your immune system?
10. Do you suffer from TMJ, migraines, or any orofacial pain?
11. Do you grind your teeth?
12. Have you had or do you plan on having any dental work in the past two or next two weeks?



## Sculptra Consent Form

### OVERVIEW:

Sculptra® Aesthetic is an FDA approved injectable poly-L-lactic acid implant in the form of a sterile form of apyrogenic suspension. Poly-L-lactic acid is a biocompatible, biodegradable, synthetic polymer from the alpha-hydroxyacid family. Poly-L-lactic acid has been used medically for many years in dissolvable sutures, and does not require pre-treatment skin testing for allergies. Sculptra® Aesthetic is injected into the skin and underlying tissues. It is designed to help correct skin depressions, such as wrinkles, folds, scars, degenerative skin, aging, and facial lipoatrophy.

### PROCEDURE:

Anesthetic agents used to prepare the site prior to injection may include topical agents, nerve blocks with local anesthetics, and / or ice. After the anesthetic is administered, Sculptra® Aesthetic is injected into the proposed site using a fine needle and a syringe. Depending upon the area and condition treated, patient factors, the volume of Sculptra® Aesthetic used, and the injection technique, the effect of a treatment with Sculptra® Aesthetic may last from 1 to 2 years but the duration of the effect can be shorter or longer. Most areas of treatment will require 2 to 4 sessions, usually at 4 to 6 week intervals, for optimal correction. Because individual responses to Sculptra® Aesthetic therapy may vary, the exact number of treatment sessions required cannot be predicted with complete accuracy. In addition, to maintain the desired degree of correction, intermittent "touch-up" treatments may be needed. After each injection session, tissue volume in the treated area will gradually build up over the following weeks and months as the body produces new collagen. At the time of your next session of Sculptra® Aesthetic therapy, your response to the previous treatment will be assessed and additional treatments can be performed if needed to optimize your correction. Sculptra® Aesthetic therapy does not treat the underlying cause of tissue or fat loss; rather it is meant to improve the appearance of the affected area(s).

### RISKS AND COMPLICATIONS:

Occasionally, despite proper planning, patients do not always respond as desired to Sculptra® Aesthetic therapy. There are certain inherent and potential risks and side effects with any invasive procedure and such risks include but are not limited to:

- 1) Post---treatment discomfort, swelling, redness, discoloration, bruising;
- 2) Initial swelling will be noticeable for at least several hours and perhaps as long as several days;
- 3) Micronodules, which may be non-visible or visible, may be felt when palpating the skin. Micronodules typically last from 5 to 12 months and may spontaneously disappear. They usually do not require treatment, and usually do not elicit any symptoms;
- 4) Granulomas may occur in rare instances, and may be associated with redness, tenderness, skin discoloration, or textural alteration. These granulomas may or may not require further treatment;
- 5) Induration is a normal response of the treated tissue to the process of inflammation and neocollagenesis. Gentle massage of the treated areas can help minimize induration;
- 6) Asymmetry;
- 7) Scarring;
- 8) Cold Sore eruption;



- 9) Allergic reaction;
- 10) Post---Treatment bacterial, viral, and/or fungal infection;
- 11) Rarely, injection site abscess, skin hypertrophy and/or atrophy, malaise, fatigue, and edema;
- 12) Injection into blood vessels with resulting tissue necrosis;
- 13) Treatment requiring further injectable therapy.

#### DISCLOSURES:

I attest that I am not aware that I am pregnant or breastfeeding; do not have any significant medical disease; do not have any severe allergies including any intolerance or anaphylaxis to previous dermal fillers; have not taken Accutane (Isotretinoin) within the last 12 months; do not have any bleeding disorder; do not have permanent implants close to the region to be injected. I understand that the ingestion, within 1 week of treatment, of medications and supplements such as aspirin, anti- inflammatory medications, non-steroidal anti-inflammatory drugs (NSAIDs), steroids, anti-coagulants, vitamin A, vitamin E, Ginkgo Biloba, fish oil supplements, St. John's Wort, garlic, and flaxseed oil may result in an increased and prolonged duration of bruising at or near the injection site. Alternatives to wrinkle-reduction therapy and volume enhancement with Sculptra® Aesthetic include chemical peels, laser resurfacing, treatment with Botox® Cosmetic, treatment with other dermal fillers, and surgical therapies.

#### ALTERNATIVES:

Alternatives to wrinkle-reduction therapy and volume enhancement with Sculptra® Aesthetic include chemical peels, laser resurfacing, treatment with Botox® Cosmetic, treatment with other dermal fillers, and surgical therapies.

#### POST TREATMENT DIRECTIONS:

Apply a cool compress to the injection site(s) for up to 48 hours. Avoid strenuous exercise for 24 hours post-treatment. Avoid excessive sun or heat exposure for 24 hours post-treatment. Massage treated area gently 2 times per day for 5 minutes for 4 weeks after the injection.

#### CONSENT:

I have read this Sculptra® Aesthetic Therapy Consent Form and understand it in its entirety. I have had the opportunity to ask questions to my treating provider which have been answered satisfactorily. I voluntarily consent to Sculptra® Aesthetic therapy treatment, and accept the risks and possible complications of this procedure. I am aware that no guarantees have been made regarding the results of this procedure. I understand that photographs may be taken before and/or following treatment and will be kept confidential and will become part of my medical record.

#### PUBLICITY MATERIALS

I authorize the taking of clinical photographs and videos and their use for scientific and marketing purposes both in publications and presentations. I understand that photos and videos may be taken of me for educational and marketing purposes. I hold Cloud 9 MedSpa harmless for any liability resulting from this production. I waive my rights to any royalties, fees, and to inspect the finished production as well as advertising materials in conjunction with these photographs.



I state that I read and write in English. I understand this is an elective procedure and I hereby voluntarily consent to treatment with botulinum toxin injections for facial dynamic wrinkles. The procedure has been fully explained to me. I also understand that any treatment performed is between me and the healthcare provider who is treating me and I will direct all post-operative questions or concerns to the treating clinician. I have read the above and understand it. My questions have been answered satisfactorily. I accept the risks and complications of the procedure and I understand that no guarantees are implied as to the outcome of the procedure. I also certify that if I have any changes in my medical history I will notify the healthcare professional who treated me immediately.