



# BIOSTIMULATORS

SCULPTRA & HYPERDILUTE RADIESSE

## PRE TREATMENT

- Avoid alcohol 24 hours prior to your treatment.
- Avoid blood thinners (e.g. NSAID's, fish oil, vitamin E, etc.) for 24 hours prior to treatments.

## POST TREATMENT

- Massage the treated area for five minutes five times a day for five days after treatment.
- An ice pack or cold pack will help reduce any common swelling.
- Any swelling that may occur after treatment usually subsides within a few days.
- Excessive sunlight and UV lamp exposure should be avoided until any initial swelling and redness go away. Apply SPF until redness and swelling subsides.
- You may take acetaminophen/Tylenol if you experience any mild tenderness or discomfort.
- You may apply or take Arnica tablets to help decrease the amount of bruising.
- Avoid strenuous exercise for 24 hours to reduce bruising.
- You may resume other daily activities/routines immediately after treatment.
- Avoid laser, IPL, or skin tightening treatments of the area for at least 2-3 weeks.
- You may continue your topical products 1 week after injection.