

SkinCredible

WICHITA • PHYSICIAN-LED AESTHETICS

Sculptra® Collagen Biostimulator

PRE-CARE INSTRUCTIONS

Before Your Treatment

1 WEEK BEFORE

- Avoid ibuprofen, Motrin, Aleve, and aspirin, plus fish oil, vitamin E, ginkgo, garlic, and turmeric. These thin the blood and are the main reason people bruise.
- Do not stop a prescribed blood thinner without talking to the doctor who prescribed it.
- Oral or topical arnica, started a few days ahead, may help limit bruising.

2 TO 3 DAYS BEFORE

- No alcohol for 24 to 48 hours before your visit.
- No dental work for 2 weeks before or after. Tell us if you have a cleaning or procedure scheduled.

THE DAY OF YOUR APPOINTMENT

- Arrive with a clean face — no makeup. Eat beforehand and drink plenty of water.
- Tylenol is fine for discomfort. Avoid ibuprofen and aspirin.
- Expect swelling and possibly bruising for several days. Do not schedule this within 2 weeks of an event.

TELL US BEFORE WE TREAT YOU

- Active acne, infection, a cold sore, or any open or inflamed skin at the injection site. We will reschedule rather than inject through it.
- Keloid scarring, autoimmune or connective tissue disease, or any allergy to poly-L-lactic acid.
- Any lump, nodule, or granuloma you have had after a previous filler.
- Pregnancy or breastfeeding, or dental work, vaccines, or surgery planned within 2 weeks.

Questions before your visit? Call 316-978-0287

SkinCredible Wichita • 3161 N Rock Rd, Suite B, Wichita, KS 67226

Regenerative Beauty

Protocol reviewed by Samrah Mansoor, MD, FAAFP, FCUCM

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POST-CARE INSTRUCTIONS

After Your Treatment

THE FIRST 24 HOURS

- Swelling, redness, tenderness, and bruising at the injection sites are normal and settle over several days.
- The fullness you see today is swelling and fluid, not your result. It will go down before the collagen builds up.
- Cool compresses 10 to 15 minutes at a time for the first few hours — never ice directly on skin. Sleep on your back with your head elevated the first night.
- No makeup for 12 hours. No hot showers, saunas, hot tubs, steam, or hard exercise for 24 hours.

THE NEXT 5 DAYS

- Massage each treated area 5 minutes, 5 times a day, for 5 days. This is the most important thing you do at home — it keeps the product even and helps prevent lumps.
- No dental work, facials, microneedling, laser, or massage of the area for 2 weeks.
- SPF 30+ daily. Go back to your usual skincare once the tenderness has settled.

CALL US RIGHT AWAY IF YOU HAVE

- Pain, warmth, spreading redness, drainage, or fever
- A firm lump or bump that does not soften with massage
- Skin that turns pale, dusky, or blotchy, or pain out of proportion to what you expect
- Any change in your vision — call us immediately

HOW SCULPTRA WORKS

Sculptra works by stimulating your own collagen, so nothing happens overnight. Results build over 6 to 12 weeks. Most patients need 2 to 3 sessions, 4 to 6 weeks apart.

Next session: _____ Provider: _____

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