



Dream Aesthetic by Dr. Ortiz

Pre-Care Instructions – Sculptra

Thank you for choosing Dream Aesthetic for your Sculptra® treatment! To ensure your safety, comfort, and the best possible results, please carefully follow these pre-care instructions:

About Sculptra®

Sculptra® is a biostimulator made of **poly-L-lactic acid (PLLA)** that gradually restores volume and stimulates your body's natural collagen production for long-lasting, natural-looking results.

Before Your Appointment

✔ **Avoid Blood Thinners (if approved by your physician):**

Stop taking aspirin, ibuprofen (Advil, Motrin), naproxen, fish oil, vitamin E, garlic supplements, or any other blood-thinning agents **7 days before** your appointment to minimize bruising.

✔ **No Alcohol:**

Avoid alcohol consumption for at least **24–48 hours before** treatment, as it increases the risk of bruising.

✔ **Skip Harsh Skincare:**

Discontinue retinoids, acids (glycolic, salicylic, etc.), and exfoliants for **3–5 days prior** to prevent skin irritation.

✔ **Postpone If Needed:**

If you have an **active skin infection, cold sores, or recent sunburn**, please reschedule your appointment until your skin has healed.

✔ **Stay Hydrated & Healthy:**

Drink plenty of water and ensure you're in good general health. Sculptra works best when your skin and immune system are functioning well.

Day of Treatment

✔ **Arrive With a Clean Face:**

Please come to your appointment with **no makeup, creams, or sunscreen** on your face.

✔ **Eat Before Your Session:**

Having a light meal can help prevent any lightheadedness during the treatment.

✔ **Medication:**

If you're prone to cold sores, let us know—you may need to take an antiviral medication as a precaution.

Reminders

- **Bruising and swelling** are common and temporary.
- Results from Sculptra® are **gradual**—collagen builds over **weeks to months** for natural, subtle enhancement.

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