



## **PRE AND POST CARE INSTRUCTIONS SCULPTRA**

If you have a history of perioral herpes, begin prophylactic antiviral therapy the day before (if treating the area around the mouth).

### **Pre Treatment**

- Avoid blood thinning over-the-counter medications such as aspirin, Motrin, ibuprofen and Aleve. Avoid supplements, including St. John's Wort, Gingko biloba, primrose oil, garlic, ginseng, Vitamin E, and/or fish oil for one week prior to treatment to reduce the risk of bruising for 1 week prior to treatment. Tylenol is acceptable.

### **Post Treatment**

- Avoid strenuous exercise and sun exposure for 24 hours after treatment.
- Apply cool compresses to the injection sites for 48 hours after treatment.
- Massage treated areas gently 5 times a day, for 5 minutes, for 5 days.

**We want you to be completely happy with your visit to Eterna!**  
**Call the office with any questions or concerns 253.268.3400 or after hours 661.209.2754.**

**If you are pleased with the service you received today, we invite you to post a review on  
Yelp or Google.**

Ann, ARNP: [Ann@eternaesthetic.com](mailto:Ann@eternaesthetic.com)