



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 253.249.6949.

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

Jessica, ARNP: Jessica@eternaesthetic.com Ann, RN: Ann@eternaesthetic.com