

## What is Sculptra?

Sculptra is injected into the skin to restore and/or correct the signs of facial fat or volume loss. Sculptra is also used for patients who suffer from acne scarring. It has been clinically proven to be effective, well-tolerated and long-lasting in the treatment of these two indications. Sculptra itself is a synthetic material known as 'poly-L-lactic acid.' It is biocompatible (a material that does not harm the body) and biodegradable (able to be broken down by the body). Poly-L-lactic acid has been used for many years in dissolvable stitches, soft tissue implants and other types of implants. Sculptra is not like traditional fillers that "fill" or "plump" the skin. Instead, your own collagen will build around the molecule and cause the skin to increase in thickness.

### Pre-Treatment

Stopping the use of aspirin and Vitamin E and the consumption of green tea is recommended 3-5 days prior to treatments to reduce the possibility and/or amount of swelling. No skin testing is required prior to use. Patients are asked to come into the clinic with their face cleansed and free of makeup.

### Details of Procedure

Sculptra is injected into the skin in a series of approximately 3-4 treatments. One hour prior to treatment, a topical numbing cream will be applied to the skin to help reduce any discomfort. The treatment itself will take approximately 30-60 minutes so patients can expect to be in the clinic for approximately 2 hours. An appointment should also be booked 4-6 weeks apart to ensure that enough collagen has been generated in between your treatments. In order to see your final results, you will need to complete the full course of treatments.

### Post Treatment Care

Directly following your first treatment, it may appear as though the Sculptra has worked immediately. This is due to the swelling from injections as well as the water that is used to dilute the solution. As the swelling subsides your skin will likely return to its pre-treatment state. As you continue through your course of treatments, the collagen will begin to compound and you will see a noticeable result. Immediately following your treatment you may likely experience some redness, swelling, sensitivity and tenderness and possible bruising. These signs will usually subside within few hours to a few days. An ice pack should be applied to the area to help reduce any possible swelling. The area should also be massaged with moisturizer a few times each day (5 minutes each time – 5 x day – for 5 days) to help distribute the product. Patients can use makeup immediately following treatment in order to conceal any residual redness. Sculptra can last anywhere from approximately 3-5 years. However, in order to maintain optimal results, it is recommended that a maintenance treatment be performed approximately once a year. This treatment would be at an additional cost.

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## Possible Risks

The most common side effects with Sculptra are injection-related side effects including minimal bleeding, tenderness/pain, redness, bruising or swelling. These can all last from approximately 3-14 days.

*\*Please Note -- We do require a 20 % deposit when booking all procedures in the Skin Spa.*

*Also, due to the large volume of bookings, we do require 48 hours' notice of cancellation. The cancellation fee is \$50.00 +hst for every ½ hour of procedure time that is cancelled or \$150.00 +hst for consultation appointments that are cancelled without the required 48 hours' notice.*

*If purchasing packages of treatments, please be advised that packages must be fulfilled within a year from the date of the first treatment within the package.*