

# PLLA Bio-stimulant Filler

## Aftercare Instructions



Today you have had injections of a Poly-L Lactic Acid Biostimulant Filler (e.g. Sculptra®). The product has been placed carefully in appropriate locations to stimulate collagen generation and restore volume. A local anaesthetic containing lidocaine may have been used on the surface of the skin or by injection.

### The Healing Process

After treatment you may experience swelling, as well as redness, pain, itching, discolouration, and tenderness at the site of treatment. This will typically last for less than a week. PLLA bio-stimulant fillers require 3-6 treatments. Results are not immediately visible as it takes 4-6 weeks for collagen building, and take several months to produce full results. Localized redness, tenderness and minor discomfort at the treatment site is normal during first several days. Bruising and swelling at treatment site is normal for a few weeks. It is normal to feel painless nodules under the skin for several weeks, but report nodules that become red, larger or painful.

#### **For the remainder of today:**

✗ Avoid wearing makeup over the injection sites

#### **For the next 48 hours:**

✓ Keep the skin clean to prevent infection.

✓ You may use acetaminophen (e.g. Tylenol) if allowed by your nurse practitioner or physician.

✗ Do not use alcohol or NSAIDS (e.g. aspirin/Advil®)

#### **For the next 5 days:**

✓ **Massage treated area w/ clean hands in a circular motion: 5 mins- 5x/day**

✓ Keep the skin clean using a gentle cleanser. Wash the skin gently and do not apply too much pressure when washing

✗ Avoid sleeping on the treated areas by sleeping on your back.

#### **For the next two weeks:**

✗ Avoid prolonged exposure to cold temperatures-avoid cold weather activities like skiing.

✗ Avoid prolonged exposure to heat, such as saunas or hot tubs.

✗ Avoid prolonged exposure to the sun – no tanning in the sun or in tanning beds.

✗ Avoid treatments to the face (e.g. cosmetic facials, laser treatments, chemical peels)

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### Support

- Possible side-effects after your treatment include: swelling, bruising, pain, redness, discoloration, itching and/or tenderness at the injection site(s).  
These effects may last for a few hours - bruising can last several days after your treatment. On rare occasions these side effects may last for 2-3 days post treatment.
- In extremely rare circumstances, a blood vessel may be inadvertently injected which could reduce circulation in the skin causing excessive bruising, the skin to appear white or pale, splotchy discoloration around the treated area, persistent numbness, or severe pain (see Illustration below). If you experience these symptoms please call your aesthetic service provider immediately at 431-388-8869.
- In case of emergency such as severe allergic reaction, please proceed to the nearest urgent care or emergency room.

### Symptoms of Reduced Circulation

Call your injector immediately if any of these symptoms appear:

- White or pale discoloration of the skin
- Excessive bruising
- Splotchy discoloration around the treated area
- Persistent numbness
- Severe pain

