



SCULPTRA®

AFTERCARE AND CONSENT FORM

Procedural Description

Sculptra® Aesthetic is an FDA-approved biostimulatory injectable made of poly-L-lactic acid (PLLA)—a biocompatible compound that works deep within the skin to stimulate your body's natural collagen production. Rather than acting as a traditional dermal filler that instantly adds volume, Sculptra gradually rebuilds and strengthens the skin's foundation by restoring collagen lost through aging.

Once injected into the deeper layers of the skin, the PLLA particles are safely absorbed by the body over time. As they disperse, they activate fibroblasts, which are responsible for collagen synthesis. This regenerative process leads to improved skin texture, firmness, and resilience—delivering a natural-looking rejuvenation that unfolds gradually over the course of several weeks to months.

Sculptra is most commonly used along the perimeters of the face, including the temples, cheeks, jawline, and lower face, where collagen depletion causes visible signs of aging such as thinning skin, fine lines, and loss of structure. Unlike traditional fillers, it does not simply “fill” hollowness—it restores the quality of the skin from within by reinforcing its underlying support system.

Results are not immediate. A typical treatment plan includes a series of 2 to 3 sessions spaced 4 to 6 weeks apart, followed by annual maintenance as needed. The longevity of results varies by individual but can last up to two years or more, depending on factors like age, lifestyle, sun exposure, and your body's collagen production.

How Sculptra Differs From Dermal Fillers

Though both Sculptra and dermal fillers can address facial aging, they work very differently:

- **Sculptra** is a liquid that integrates into the tissue and stimulates collagen from within. It does not provide immediate volume but gradually strengthens and thickens the skin over time.
- **Dermal fillers** are made of hyaluronic acid and are injected to instantly add volume in targeted areas. They do not stimulate collagen but act as temporary replacements for lost volume.

Sculptra is best for clients looking to rebuild skin integrity and structure, while dermal fillers are better suited for those needing immediate contouring or volumization.

Why Collagen Matters

Collagen is a vital protein that supports the skin's firmness, hydration, and elasticity. Starting around age 20, we lose about 1% of our collagen each year, leading to thinning skin, wrinkles, and sagging.

Sculptra helps restore this lost support—reinforcing your skin's foundation and promoting long-term rejuvenation by stimulating your body's natural repair process.

Before Your Treatment

- Avoid the use of Aspirin, NSAIDS, Ginko Biloba, Garlic Supplements, Green Tea, Flax Oil, Cod Liver Oil, Vitamins A and E, and essential fatty acids for up to 1 week pre- and post-injection as they will increase your risk of bruising.
- Do not drink alcoholic beverages 24 hours before (or after) your treatment to avoid extra bruising.
- You may take Arnica tablets 2-3 days prior to your injection to reduce the risk of bruising.
- Do not apply products that are potentially irritating for 2 -3 days before and after treatment (examples- tretinoin/retin-a, glycolic acid, benzoyl peroxide, hydroquinone).
- Do not use the above-stated if you are pregnant or breastfeeding or are allergic to any of its ingredients. Please inform your provider if you have any questions about this prior to the treatment.
- If you have a history of Herpes or cold sores, a course of antiviral medication before and after treatment is required. Please call our office for a prescription.
- To decrease the chances of lightheadedness during your treatment, ensure you have had a recent meal, including food and drink, before your procedure. Please warn the provider if you have a history of fainting.

What to Expect During Your Treatment

- Arrive with a clean face. Please do not wear makeup.
- You may experience a mild amount of tenderness or stinging during and following injections.
- Redness and swelling are normal. Some bruising may also be visible.
- Depending upon the area(s) treated and product(s) used, you may feel “firmness” in the treated area(s) for 1 to 2 weeks after treatment. Over time, the area(s) will soften and “settle.”

Post-Treatment Instructions

- Ice (but avoid firm pressure) for 15 minutes 3 times the day of treatment.
- You may take Acetaminophen/Tylenol if you experience any mild tenderness/discomfort.
- Massage the areas 5 times a day, for 5 minutes each time, for 5 days after treatment.
- After treatment, there will be moderate swelling and redness with the possibility of bruising. These symptoms will resolve in about 7 days.
- You may apply or take Arnica tablets to help decrease the amount of bruising.
- Avoid extended UV exposure until any redness/swelling has subsided. Apply SPF 40+.
- Avoid strenuous exercise for 24 hours to reduce bruising. You may resume other normal activities/routines immediately.
- Avoid laser, IPL/BBL, or skin tightening treatments of the area for at least 2-3 weeks.
- You may continue your topical products as mentioned above 1 week after injection.

Consent to Treatment

The nature of the Sculptra procedure has been explained to me. I understand that just as there may be benefits from the procedure, all procedures involve risk to some degree. Every procedure involves a certain amount of risk and it is important that you understand these risks and the possible complications associated with them. In addition, every procedure has limitations. An individual's choice to undergo this procedure is based on the comparison of the risk to the potential benefit. Although the majority of patients do not experience the following, you should discuss each of them with your provider to make sure you understand the risks, potential complications, limitations, and consequences of treatment. Additional information concerning Sculptra® may be obtained from the package insert supplied by Galderma that your provider can share with you. Even though risks and complications occur infrequently, the risks cited are the ones that are particularly associated with facial filler. Other complications and risks can occur but are even more uncommon.

Should complications occur, additional surgery or other treatments may be necessary. The possibility of additional risk factors or complications attributable to the use of biostimulators may be discovered. The practice of medicine is not an exact science. Although good results are expected, there is no guarantee or warranty expressed or implied, on the results that may be obtained. There is the possibility of a poor or inadequate response and additional injections may be necessary. It is not recommended that pregnant women or nursing mothers receive Sculptra®. Sculptra® should not be injected close to any permanent implants. I understand that the following are among the expected side effects of the Sculptra® procedure:

Bleeding and Bruising:

It is possible, though unusual, to have a bleeding episode from a filler injection or Local anesthesia used during the procedure. Bruising in soft tissues may occur. Should you develop post-injection bleeding, it may require emergency treatment or surgery. Aspirin, anti-inflammatory medications, platelet inhibitors, anticoagulants, Vitamin E, ginkgo biloba, and other “herbs / homeopathic remedies” may contribute to a greater risk of a bleeding problem. Do not take any of these for seven days before or after filler injections.

Pain, Swelling, and Redness:

Swelling is a normal occurrence following the injections. It decreases after a few days. If swelling is slow to resolve, medical treatment may be necessary. Discomfort associated with injections is normal and usually of short duration. Redness may occur after injection and be present for a few days. Visible needle marks from the injections occur normally and resolve in a few days.

Skin Reactions:

Acneiform skin eruptions can occur following the injection of tissue fillers. This generally resolves within a few days. Skin rash, itching, and tenderness may occur following injections. After treatment, you should minimize exposure to excessive sun or UV lamp exposure and extreme heat for 24 hours after treatment. If you are considering laser treatment, chemical skin peeling, or any other procedures after injection or you have recently had such treatment, there is a possible risk of an inflammatory reaction at the injection site.

Asymmetry:

The human face is normally asymmetrical in its appearance and anatomy. It may not be possible to achieve or maintain exact symmetry with tissue filler injections. There can be a variation from one side to the other in terms of the response to the injection. Addressing this may require additional injections to the same or nearby areas, however, in some cases, this uneven appearance can persist for several weeks or months.

Accidental Intra-Arterial Injection:

It is extremely rare that during the course of injection, fillers could be accidentally injected into arterial structures and produce a blockage of blood flow. This may produce skin necrosis in facial structures or damage blood flow to the eye, resulting in loss of vision or vision abnormalities. These complications can also include stroke, temporary scabs, or permanent scarring of the skin. If you have changes in your vision, signs of a stroke (including sudden difficulty speaking, numbness or weakness in your face, arms, or legs, difficulty walking, face drooping, severe headache, dizziness, or confusion), white appearance of the skin or unusual pain during or shortly after treatment, you should notify your healthcare practitioner immediately. The risk and consequences of accidental intravascular injection of fillers is unknown and not predictable. Deeper structures such as nerves and blood vessels may be damaged during the course of injection. Injury to deeper structures may be temporary or permanent, and cause unacceptable scarring.

Skin Lumpiness:

Lumpiness can occur following the injection of fillers. This tends to smooth out over time. In some situations, it may be possible to feel the injected tissue filler material for long periods of time. It may also be possible to see tissue filler material that was injected in areas where the skin is thin.

Granulomas:

Painful masses in the skin and deeper tissues after a filler injection are extremely rare. Should these occur, additional treatments including surgery may be necessary. Fillers should not be used in areas with active inflammation or infections (e.g., cysts, pimples, rashes, or hives).

Allergic Reactions and Hypersensitivity:

Sculptra® should not be used in patients with a history of multiple severe allergies, severe allergies manifested by a history of anaphylaxis. It is not known if Sculptra® reacts with other drugs within the body. There is the possibility that a systemic reaction could occur from the anesthetic used for sensory nerve block anesthesia when tissue filler injections are performed. This would include the possibility of light-headedness, rapid heartbeat (tachycardia), and fainting. Medical treatment for these conditions may be necessary. The presence of antibodies to poly-L-lactic acid may reduce the effectiveness of this material or produce a reaction in subsequent injections. The health significance of antibodies to poly-L-lactic acid is unknown.

I acknowledge the following has been discussed with me:

- I understand what my medical provider can and cannot do, and understand there are no warranties or guarantees, implied or specific about my outcome. I have had the opportunity to explain my goals and understand which desired outcomes are realistic and which are not. All of my questions have been answered, and I understand the inherent (specific) risks to the procedures I seek, as well as those additional risks and complications, benefits, and alternatives. Understanding all of this, I elect to proceed.
- I understand that multiple treatments are necessary to achieve desired results. Treatments generally last up to 2 years but the effect can be shorter or longer. Most areas of treatment will require 2 to 4 sessions, usually at 4- to 6-week intervals for optimal correction. Because individual responses to Sculptra® may vary, the exact number of treatment sessions required cannot be predicted with complete accuracy. Maintenance treatments may be necessary to maintain desired results with evaluation after 18-24 months. No guarantee, warranty, or assurance has been made to me as to the results that may be obtained. Clinical results will vary per patient. I agree to adhere to all safety precautions and regulations during the treatment.
- After each injection session, tissue volume in the treated area will gradually build up over the following weeks and months as the body produces new collagen. At the time of my next session of Sculptra®, my response to the previous treatment will be assessed and additional treatments can be performed if needed to optimize my correction.
- I understand that Sculptra® does not treat the underlying cause of tissue or fat loss; rather it is meant to improve the appearance of the affected area(s).
- I understand and agree that all services rendered to me are charged directly to me and that I am personally responsible for payment. I further agree in the event of non-payment, to bear the cost of collection, and /or court costs and reasonable legal fees, should this be required. No refunds will be given for treatments received.
- I have read and understand the Pre- and Post-Treatment Instructions. I agree to follow these instructions carefully. I understand that compliance with recommended pre- and post-procedure guidelines is crucial for healing, and prevention of side effects and complications as listed above.
- I consent to be photographed or televised before, during, and after the operation(s) or procedure(s) to be performed, including appropriate portions of my body, for medical, scientific, or educational purposes, provided my identity is not revealed by the pictures.
- For purposes of advancing medical education, I consent to the admittance of observers to the treatment room.
- I attest that I am not aware that I am pregnant. I am not breastfeeding. I do not have any significant medical disease.

For women of childbearing age:

By signing below I confirm that I am not pregnant and do not intend to become pregnant at any time during the course of the treatment. Furthermore, I agree to keep Honey Skincare Studio and my provider informed should I become pregnant during the course of the treatment.

Photographic documentation will be taken.

I hereby do authorize the use of my photographs for teaching purposes.

WRITTEN CONSENT

BY MY SIGNATURE BELOW, I ACKNOWLEDGE THAT I HAVE READ AND FULLY UNDERSTAND THE CONTENTS OF THIS INFORMED CONSENT FORM. I HAVE BEEN GIVEN THE OPPORTUNITY TO HAVE ALL MY QUESTIONS ANSWERED TO MY SATISFACTION BY HONEY SKINCARE HEALTHCARE TEAM.

I have read this form and understand it, and I request the performance of the procedure.

PRINTED NAME:

PATIENT SIGNATURE:

DATE:
