

# MEDSPA / SCULPTRA & Radiesse

## SCULPTRA

Price per syringe

\$900

### WHAT IS SCULPTRA?

Sculptra is a Poly-L Lactic Acid FDA-approved injectable filler that can smooth deep wrinkles like marionette lines and reverse volume loss that can cause issues like sunken cheeks and chin wrinkles. Poly-L-lactic acid (PLLA), a biocompatible synthetic material that both adds volume and stimulates new collagen production within the deep dermis, Sculptra is longerlasting than hyaluronic acid (HA) fillers like Juvéderm or Restylane. It's not recommended for use as a lip or under-eye filler.

Our injectors will work with you to determine the number of treatment sessions needed to achieve the best result. The average regimen consists of three injections spread out over three or four months.

### PRE-TREATMENT CONSIDERATIONS

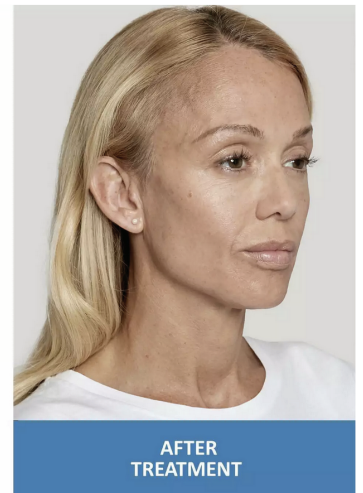
Schedule your injection at a time when minor swelling or bruising will not disrupt your social obligations. Each time you are treated, outcomes may vary.

To lessen the likelihood of bleeding or bruising, discontinue use of blood thinning products for 10 days prior to treatment, if approved by your primary care provider. This includes: aspirin, ibuprofen (Motrin or Advil), naproxen, Aleve, fish oil, St. John's Wort, flax, Vitamin E, Vitamin D, garlic (as a supplement), Ginkgo Biloba, ginseng, etc. Alcohol is also to be avoided 24 hours pre- or post injectable treatment, as it is also a blood thinner. You can consider taking Arnica Montana natural supplement to help bruising.

### POST TREATMENT

Remember your 5s! You must massage your face for 5 minutes 5 times a day for 5 days! Remembering to massage post treatment will help to enhance your results and prevent granulomas forming.

You may ice the areas treated to help with any discomfort or swelling.



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## RADIESSE

Price per syringe

\$900

### WHAT IS RADIESSE?

Radiesse® is an FDA-approved injectable dermal filler made of calcium hydroxylapatite (CaHA) microspheres suspended in a gel. It is used to restore lost volume, smooth moderate to severe facial wrinkles and folds (such as nasolabial folds), and improve facial contours. Unlike hyaluronic acid fillers, Radiesse® also stimulates your body's own collagen production, providing both immediate results and long-term skin improvement.

### PRE-TREATMENT INSTRUCTIONS

To minimize bruising and swelling, please follow these guidelines:

Avoid alcohol, aspirin, ibuprofen, naproxen, or other blood-thinning medications/supplements (fish oil, vitamin E, ginkgo, garlic) for 5–7 days before treatment, unless prescribed by your doctor. Inform your provider if you are pregnant, breastfeeding, have allergies to lidocaine, bleeding disorders, or autoimmune conditions. Let us know if you have any active infections, cold sores, or skin irritation in the treatment area. Arrive with clean skin (no makeup, lotions, or sunscreen on the treatment area).

### WHAT TO EXPECT DURING TREATMENT

**Consultation:** Your provider will review your medical history, desired goals, and determine if Radiesse® is the best option.

**Preparation:** The treatment area will be cleansed, and a topical numbing cream or local anesthetic may be used for comfort. **Injection:** Radiesse® is injected beneath the skin using a fine needle or cannula. You may feel slight pressure or pinching.

**Duration:** The procedure typically takes 30–45 minutes.

**Results:** Improvement is visible immediately and continues to enhance over the following weeks as collagen production increases.

### POST-TREATMENT INSTRUCTIONS

For best results and safety, please follow these aftercare steps:

- **Swelling & Bruising:** Mild swelling, redness, tenderness, or bruising is normal and typically resolves within a few days.
- **Ice:** Apply a cold compress intermittently for the first 24 hours to reduce swelling.
- **Avoid Touching:** Do not rub, massage, or press on treated areas for at least 6–8 hours.
- **Activity:** Avoid strenuous exercise, excessive heat (sauna, hot yoga), and alcohol for 24–48 hours.
- **Skincare:** Avoid makeup for at least 12 hours; use gentle cleansers and sunscreen afterward.
- **Follow-Up:** Results last 12–18 months on average. Maintenance treatments may be recommended.

Call your provider immediately if you experience unusual pain, skin discoloration, or signs of infection (fever, pus, warmth at injection site).

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