

SCULPTRA: injectable filler

WHAT IS SCULPTRA ?

Sculptra is a type of filler that is injected into the skin to increase volume and fill out wrinkles. It is made of lactic acid, a natural substance, linked into long chains to form a gel. It has been used in medicine for 25 years, although only in recent years as a filler.

WHAT CAN IT DO ?

It adds volume to facial tissues that have lost their plumpness with age. This helps to smooth out wrinkles and fine lines. Most fillers simply add volume to the facial tissues. Sculptra works differently. It stimulates the skin to produce more tissue. The build up of volume is therefore more gradual and several treatments are usually required for benefit. However it can produce a more natural looking and longer lasting effect.

WHAT DOES TREATMENT INVOLVE ?

The dermatologist will assess your face and discuss with you the areas that concern you and discuss the options with you. You will be asked to consider the matter and return for treatment another day if you choose to proceed. The Sculptra is injected using a fine needle, usually into the cheeks. The procedure is uncomfortable, like acupuncture, but it is well tolerated by most patients. To minimise discomfort we will offer you skin cooling during the procedure. You may also take 2 paracetamol tablets half an hour before the procedure. Occasionally an anaesthetic cream may be used an hour beforehand. There maybe some bruising and red marks immediately afterwards, these settle naturally in a few days. The initial swelling from the injection settles in a few days as water from the Sculptra is absorbed. Over the next few weeks there is a build up of connective tissue. The injections are usually repeated several times at 1 or 2 month intervals. The improvement is gentle and subtle.

HOW SHOULD I PREPARE ?

Please do not wear make-up to the clinic, or remove it thoroughly before the consultation. To minimise the bruising please:

- Avoid all aspirin containing medicines for a week before
- Avoid alcohol for 24 hours before your treatment
- Make sure you mention any bleeding tendencies and any medicines you are taking
- If you are prone to cold sores please be sure to mention this
- If you normally bruise easily plan to go home after the treatment and apply ice

WHAT CAN GO WRONG

As with any injection some bruising and swelling can be expected. Rarely the injected material can feel lumpy under the skin. Very rarely inflammatory nodules in response to fillers have been reported. Also very rarely there have been reports of abscesses, scars and allergic reactions.

WHAT RESULTS CAN I EXPECT

After a few treatments you should notice a subtle plumpness in the face with some smoothing of wrinkles and creases. Individual responses vary so it may be difficult to predict how you will respond.

WHO CANNOT HAVE SCULPTRA ?

People with skin infections, taking anticoagulants or who are pregnant should not use Sculptra.

WHAT AFTER CARE IS REQUIRED?

- If discomfort persists the paracetamol can be repeated after 4 hours, up to a maximum of 8 tablets in 24 hours
- Avoid aspirin and alcohol for 24 hours afterwards
- Avoid strenuous exercise and heavy sweating for 24 hours
- Lip treatments will swell and this may persist for up to a week. The lips may look uneven during this period until they settle down
- Leave the treated area alone for 6 hours then light makeup can be applied if wanted and the face can be washed gently
- You should avoid extremes of heat and cold on your face until the initial redness and swelling has settled down, for example sunbathing or saunas

If the redness and swelling does not gradually improve or if you have any concerns please contact the clinic on 020 7435 7521