



Biostimulator Treatment Pre-Care Instructions:

(Before Sculptra®, Radiesse®, or similar collagen-stimulating injectables)

Biostimulator treatments are designed to stimulate your body's natural collagen production, gradually restoring facial volume and improving skin texture over time. Proper pre-treatment care is essential to minimize risks and maximize your results.

1 Week Prior to Treatment:

- Avoid blood-thinning medications & supplements, unless medically necessary (consult with your physician before discontinuing prescribed medications):
 - Aspirin, Ibuprofen (Advil, Motrin), Naproxen (Aleve)
 - Fish Oil, Vitamin E, Ginkgo Biloba, Ginseng, Garlic supplements
 - St. John's Wort
- Limit alcohol consumption to reduce the risk of bruising.
- Consider starting Arnica montana supplements 3-5 days before your appointment to minimize bruising (optional).

3 Days Prior to Treatment:

- Avoid using retinoids (Retin-A, Tretinoin), glycolic/salicylic acids, or other exfoliating agents on the treatment area if you experience skin sensitivity.
- Do not undergo waxing, tweezing, bleaching, or laser treatments on the area to be treated.

Day of Treatment:

- Arrive with a clean face—free of makeup, lotions, sunscreen, or skincare products.
- Eat a light meal or snack to prevent lightheadedness.
- Avoid strenuous exercise immediately before your appointment.
- Stay well-hydrated—proper hydration supports optimal collagen production.

- You may take Tylenol (acetaminophen) prior to your appointment for comfort.
- Avoid NSAIDs.
- Wear comfortable clothing to avoid putting pressure on the treated areas.

Important Considerations:

- Notify your provider if you:
 - Have a history of autoimmune disorders, keloids, or hypertrophic scarring.
 - Have an active infection, cold sore outbreak, or skin irritation in the treatment area.
 - Are pregnant, breastfeeding, or trying to conceive.
 - Have had recent dental work, vaccinations, or other cosmetic treatments within the past 2 weeks.
- Plan your treatment accordingly if you have important events within the next 1-2 weeks, as swelling or bruising may occur.