

Sculptra - Frequently Asked Questions

Over time, your skin loses its full, firm, youthful appearance. This is the result of a natural aging process: your skin is damaged, becomes thinner, or loses its natural elasticity. As a result, it becomes loose and starts to wrinkle. Fat tissue, which also helps to fill out your face, is lost or migrates lower, causing skin to sag and further wrinkle. This reduction in skin volume can make your face look thin and narrow, possibly making you appear older than you are. Fortunately, Sculptra® by adding to the volume of collagen of the skin smooths lines and wrinkles and helps your skin regain a firm and youthful appearance by restoring skin volume and contours you may have naturally lost.

Enhance your appearance with Sculptra®

With Sculptra® you can restore facial contour and get rid of lines and wrinkles without invasive surgery and general anesthesia. Sculptra® is a synthetic, injectable material that contains micro particles that act as seeds to cause the production of collagen creating a lift and smoothing of sagging skin, severe wrinkles, creases, dark circles, and scars.

Poly-L-lactic acid, the main ingredient of Sculptra® has been used successfully in surgical procedures — for bioresorbable sutures (such as J&J 's Ethicon brand Vicryl suture), in bone plates and screws, and as a medium for medication, among others — for more than 25 years. Sculptra® has been specially developed to repair contour defects in the face. More than 150,000 patients have been treated worldwide since 1999. when it was approved in Europe for cosmetic purposes and for lipodystrophy (a wasting condition of the face). Sculptra® is long lasting, biocompatible, and biodegradable.

Sculptra® is intended for patients who want to restore the contours of their face or compensate for gradual signs of ageing, such as loose, wrinkled skin, lines, and folds.

- Does your face show signs of aging?
- Does your face show signs of sunken cheeks?
- Do you have deep lines between your cheeks and upper lip, around the corners of your mouth in your cheeks or chin?
- Do you have unwanted depressions around the corners of your mouth?

Sculptra® is suitable for lifting the face, increasing the volume of depressed areas, particularly to correct skin depressions, such as in skin creases, wrinkles, folds, scars and for skin ageing. Sculptra® is also suitable for large volume corrections of the signs of facial fat loss (lipoatrophy).

How Sculptra® Works

Unlike surgical options, Sculptra® can provide gradual, natural looking results with less traumatic or invasive treatment. Sculptra® works in the lower layers of the skin to smooth and firm the treated areas of the face. The procedure can be performed in our offices at Princeton Dermatology by Dr. Kaufmann and can take as little as 30 minutes.

Dr. Kaufmann will inject Sculptra® into the areas requiring treatment. The number of necessary injections depends on several factors, including your age, how deep your wrinkles are, and the type of treatment you desire. During your planning visit and as your treatment takes effect, Dr. Kaufmann will determine the number of treatments needed to obtain the desired results.

In contrast to some other treatments that require frequent refresher sessions, a clinical study has shown that the aesthetic improvements obtained with Sculptra® have persisted for up to 2 years in many patients.

What to expect during treatment with Sculptra®

There may be some discomfort with the procedure. The most common side effects with the use of Sculptra™ include injection-related side effects at the site of injection, such as bleeding, tenderness or pain, redness, bruising, or swelling. These effects generally last, on average, 2-6 days.

After treatment, you should notice gradual results over the next three months.

Sculptra® is suitable for increasing the volume of depressed areas, particularly to correct skin depressions, such as in skin creases, wrinkles, folds, scars and for skin ageing. Sculptra® is also suitable for large volume corrections of the signs of facial fat loss (lipoatrophy).

FAQs

Who performs treatment with Sculptra®

Dr. Kaufmann has been trained to correct of Sculptra® and performs the treatment in his practice. Dr. Kaufmann will prepare your skin and then inject Sculptra® in the areas of your face requiring treatment.

Does the treatment hurt?

As with all injections you will feel some discomfort. It may be that you notice a stick and brief burning sensation at the injection site. An ice pack applied after the treatment will help to calm your skin. If necessary, Dr. Kaufmann can also prescribe a topical anesthetic to apply before your appointment or give you a local anesthetic during the procedure.

What must I keep in mind after the treatment?

Dr. Kaufmann will give you special aftercare instructions. These include massaging the treated areas of your face in the first five days after the treatment. All you need is a five

minutes five times a day. Inform Dr. Kaufmann if any side effects occur, such as inflammation or visible bumps in the treated area.

Are there any side effects?

The most common side effects with the use of Sculptra® include injection-related side effects at the site of injection such as bleeding, tenderness or pain, redness, bruising, or swelling. These effects generally resolve in 2-6 days.

One possible delayed side effect with Sculptra® can be the formation of small non-visible bumps under the skin in the treated area. These small bumps usually are not visible, and you may notice them only when you press on the treated skin. These bumps tend to form within the first 6 to 12 months after the first treatment. Usually, these bumps go away by themselves. Visible bumps, sometimes with redness or color change to the treated area, have also been reported, but are extremely rare. As with all procedures that involve an injection through the skin, there is a risk of infection. Report any side effects to Dr. Kaufmann.

Are the results from Sculptra® immediate?

No. At your first treatment visit, it may appear that Sculptra® worked immediately because of the swelling from the injections and the water used to reconstitute Sculptra®. In a few days, when the swelling goes down and the water is absorbed by your body you may look as you did before your treatment. Sculptra® takes time to work; results should be noticeable after approximately 6 weeks and usually take three months to reach full effect. Dr. Kaufmann will see you again in a few weeks to decide how Sculptra® injections are proceeding.

Sculptra® is suitable for increasing the volume of depressed areas, particularly to correct skin depressions, such as in skin creases, wrinkles, folds, scars, and for skin ageing. Sculptra® is also suitable for large volume corrections of the signs of facial fat loss (lipoatrophy)

Sculptra® (Poly-L-lactic acid) is injected into the skin for restoration and/or correction of the signs of facial fat loss (lipoatrophy) in people with human immunodeficiency virus. Sculptra® has been clinically proven to be an effective, well-tolerated, and long-lasting treatment for the signs of facial lipoatrophy.

The following section is designed to help you learn more about Sculptra® and answer any questions that you might have.

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What is Sculptra®?

Sculptra® is a synthetic injectable material known as "poly-L-lactic acid." Poly-L-lactic acid is biocompatible (a material that does not harm the body) and biodegradable (able to be broken down by the body). Poly-L-lactic acid has been widely used for many years in dissolvable stitches (such as J&J 's Ethicon brand Vicryl suture), soft tissue implants, and other types of implants.

How does Sculptra® work?

Sculptra® is injected below the surface of the skin in the area of tissue loss. Sculptra® provides a gradual increase in skin thickness by increasing the body's own collagen. Visible results appear within 6 to 12 weeks.

Sculptra® will not correct the underlying cause of the facial tissue loss, but will help improve the appearance by increasing skin thickness in the treated area.

Do I need a skin test before being treated with Sculptra®?

No skin testing is required prior to use.

Are the results from Sculptra® immediate?

No. At your first treatment visit, it may appear that Sculptra® worked immediately because of swelling from the injections and the water used to reconstitute Sculptra®. In a few days, when the swelling goes down and the water is absorbed by your body, you may look as you did before your treatment. Sculptra® takes time to gradually correct the depression in your skin. Dr. Kaufmann will see you again in a few weeks to decide if you need more Sculptra® injections.

How many treatments are required?

Dr. Kaufmann will decide the appropriate number of treatment sessions and the amount of Sculptra® you will need at each session.

How long do treatment results last?

Treatment results will differ for each person. In a clinical study, the treatment results lasted for up to 2 years after the first treatment session, in most patients. Touch-up treatments may be needed to maintain the desired effect.

Do injections of Sculptra® hurt?

As with any injection, injections with Sculptra® may hurt. Sculptra® is injected in small amounts using a very fine needle. Dr. Kaufmann can also prescribe a topical anesthetic to apply before your appointment or give you a local anesthetic during the procedure.

What can I expect to happen at a treatment session?

Dr. Kaufmann will answer all of your questions and prepare you for the treatment.

- Make-up should be removed.
- The area where the injections will be given will be cleaned.
- Dr. Kaufmann will determine if a topical or local anesthetic is needed.
- Sculptra® will be injected in small amounts into the skin using a very fine needle. Multiple injections will be needed.
- An ice pack should be applied to the treatment area to help reduce swelling.
- After the treatment session, the area should be thoroughly massaged to distribute the product evenly.

What can I expect after treatment?

Immediately following a treatment session with Sculptra®, redness, swelling, pain, bruising or all of these signs can happen in the treatment area. These signs usually go away in a few hours to a few days. Some have been known to last up to 17 days. Dr. Kaufmann will give you specific post-treatment care instructions. You should massage the treated area five minutes five times a day for five days after the treatment session. Within the first 24 hours after treatment, an ice bag should be applied for a 10 to 15 minutes at a time to the treatment area to help reduce swelling. Wrap the ice bag in a damp cloth and avoid putting ice directly on your skin. Avoid excessive sun and UV lamp exposure until any initial swelling and redness has resolved.

Report any worsening or longer-lasting symptoms or signs to Dr. Kaufmann.

How quickly can I get back to my daily activities?

Most patients feel comfortable going back to their normal activities following treatment.

When will I be able to apply make-up after treatment?

Make-up may be applied a few hours after treatment if no complications are present (for example, open wounds or bleeding). Dr. Kaufmann would suggest Clinique Continuous Coverage Makeup.

What are the possible side effects of treatment with Sculptra®?

The most common side effects with the use of Sculptra® include injection-related side effects at the site of the injection such as bleeding, tenderness or pain, redness, bruising, or swelling. These side effects generally last, on average, 3 to 17 days.

One possible delayed side effect with Sculptra® can be small bumps under the skin in the treated area. These small bumps usually are not be visible, and you may notice them only when you press on the treated skin. These bumps tend to happen within the first 6 to 12 months after the first treatment. Usually, these bumps go away on their own. Visible bumps, sometimes with redness or color change to the treated area, have also been

extremely rarely reported. As with all procedures that involve an injection through the skin, there is a risk of infection.

Report any side effects to Dr. Kaufmann.

Who should not use Sculptra®?

You should not use Sculptra® if you are allergic to any ingredient of Sculptra®. Talk to Dr. Kaufmann about your medical history when deciding on treatment options.

What It Does

Sculptra® is an injectable product that restores and corrects the signs of facial tissue loss by replacing lost volume with your own body's collagen. Sculptra® provides an increase in skin thickness, helping to create a more natural facial appearance.

Sculptra® is composed of poly-L-lactic acid, a synthetic material. Sculptra® is not made from human or animal sources and does not require a skin test. Poly-L-lactic acid (PLLA) is a biocompatible (does not harm the body), biodegradable (able to be broken down by the body) material that has been widely used for many years in surgical products. The effects are long-lasting, they were shown in a clinical study to last for up to 2 years after the first treatment session.