

## **Hyper-Blended Sculptra and Radiesse for Biostimulation – Patient Handout**

Poly-L-Lactic Acid (PLLA) known as Sculptra and Calcium hydroxyapatite (CaHA) known as Radiesse, are well-established collagen and elastin stimulators. They can be used off-label in a hyper-blended formulation as a biostimulatory agent rather than a volumizing agent (filler) to improve skin quality and firmness in the face and in other areas such as neck, chest, arms, buttocks, thighs, lower abdomen and knees.

When the product is used in this fashion and injected in the superficial levels of the skin, it generates tissue remodeling and is gradually followed by new tissue formation through neocollagenesis (new production of collagen), elastin production, angiogenesis (new vessel formation), and increased number of dermal cells, and results in a long-lasting aesthetic improvement for  $\geq 18$  months. Skin will be tighter, more elastic and thicker. It will improve the appearance of fine lines and wrinkles, crepiness, acne scars, and cellulite, as well as saggy skin.

For best results, one to three treatment sessions separated by 1-2 months is recommended. After the first year, you should expect to return for maintenance treatments every 12 to 18 months.

Side effects are usually mild and short lived and commonly include swelling, redness, itching and some tenderness which can last several days and at times a few weeks. Bruising in and around injected areas is also common and can last up to 10 days; bruising is more common if you have taken any aspirin, ibuprofen (Advil), Naprosyn (Aleve) or other anti-inflammatory medications in the preceding 10 days. Other over the counter products such as vitamin E, ginger, ginseng, ginkgo biloba, garlic pills, kava-kava, celery root, and fish oils, to name the most common, can also predispose you to bruising. Alcohol consumption within 24 hours of the procedure and for 48 hours after the procedure can also make bruising worse.

Uncommon side effects include allergic reactions to the product which can be immediate or delayed. Rarely, firm lumps at the sites of injections can appear several months later and may need to be extracted or treated with injectable steroids. You may be able to feel the product under your skin; this is not usually visible to you or anyone else and generally improves over time. Two weeks before and two weeks after injection you should avoid dental work, facial massages, elective surgeries on the face, or other procedures that involve manipulation of treated areas.

Uncommonly, infections can occur at injection sites and may require antibiotic treatment. If you have a history of cold sores on your face, please inform the provider doing the procedure. You should have taken 2 grams of Valtrex the morning of the day of treatment and you should take another 2 grams 12 hours later. This prescription is usually given to you during your consultation. If you have not pretreated with Valtrex, we will give you a prescription before you leave the office and you should take it as soon as possible. Please also inform the provider doing your procedure if you have a history of anaphylactic reactions or presence of multiple severe allergies. Risk of local

infections may increase if product is injected in or near facial implants; please inform your physician BEFORE the procedure if you have had any facial implants or plastic surgery on your face.

Very rare side effects include nerve injuries, scarring of treated areas, and temporary or permanent interruption of blood flow to the injected area with subsequent injury to the surrounding skin, stroke or blindness. If any severe pain or purple/gray discoloration occurs in the injected areas, you must call our office and inform one of our providers immediately.

There is always a possibility that the procedure will not meet your expectations; you may require larger amounts of product to achieve the desired effect or too much product placement can occur at a given site (over-correction). At times, other procedures may be needed (lasers, skin tightening procedures, surgical lifts, liposuction, eyelid surgery, etc.) to achieve the ideal cosmetic improvement. Patients should return at regular intervals for follow up treatment until desired results have been achieved. Visible results may not be seen for several months. Results usually last 18-24 months.