

Sculptra: Comprehensive Information Sheet

Sculptra is a biostimulating injectable that uses TGA-approved poly-L-lactic acid to trigger collagen development and volumisation in tissues. It is commonly used to restore facial volume and contouring of facial features and improve skin quality.

Unlike fillers that utilise Hyaluronic Acid, Sculptra cannot be dissolved instantly and relies on natural degradation over 5-6 months.

Procedure Details:

Injection of Sculptra typically requires a topical anaesthetic to minimise discomfort. Injections are spaced to increase volume and address specific facial contours. After injection, the treated area may be gently massaged to ensure even distribution of the filler and to mould it into the desired shape. Post treatment, patients are required to regularly massage the area 5 minutes, 5 times per day, for 5 days post treatment.

Although the quantity of Sculptra administered varies depending on the treatment area and individual patient needs, treatment typically involves 2-3 sessions, with up to 1-2 vials used during each session. Retreatment may occur any time between 4 weeks and 6 months after the first treatment.

Pain during the procedure is generally mild and well-tolerated by most patients.

Possible outcomes

Some results are noticeable after a single treatment with Sculptra, but full results may take a few weeks or months. In the short term, patients can expect progressive improvement in facial volume and definition over 3 months as Sculptra induces collagen production and tissue regeneration.

Over time, patient's facial shape is restored and skin texture improved with results that are very gradual and natural appearing as they are made with the patient's own collagen. Sculptra's effects can last up to two years, depending on the area treated and the patient's individual metabolism.

Sculptra is metabolised at different speeds by individuals and the longevity of results can vary depending on the patient's metabolism, and the treated area.

Risks and complications:

Risks include swelling, redness, bleeding, bruising, mild pain, or tenderness at the injection sites. These are usually mild and temporary, generally within the first 48 hours after the treatment. Applying ice packs and avoiding strenuous activities can help minimise these side effects. These reactions are to be expected and usually resolve spontaneously and improve day by day.

Patients can experience formation of nodules under the skin, which may require further assessment and management.

In rare cases, the injection could accidentally be placed in a blood vessel, causing severe (and sometimes permanent) side effects, such as blindness, visual impairment, stroke, skin necrosis or scarring or hairloss.

There are also rare circumstances where the patient experiences an allergic reaction or hypersensitivity, or inflammatory reactions, such as granulomas. It is therefore essential that you report any unusual or persistent symptoms to us or to your General Practitioner. Treatment for an

allergic reaction could include the administration of an antihistamine, corticosteroids, or, in severe cases, adrenaline for anaphylaxis.

If you have any concerns about something on this list arising, we recommend that you contact us at first instance on **0421934291** so that we can advise you further.

Patient-specific risks

Patients with specific comorbidities, allergies, or a history of autoimmune diseases should inform us before the procedure. This information is crucial for assessing the patient's suitability and mitigating potential risks.

Recovery and Care Requirements

Most patients can return to their normal activities immediately after the procedure. As noted above, swelling and redness are common but usually subside within a few days.

You will be required to massage the treated area for 5 minutes, 5 times a day, for 5 days.

Advice about how to take care of yourself after a procedure can be found in the *Aftercare Instructions Information Sheet*.

About Dr SIMONE DOREIAN

Dr SIMONE DOREIAN is one of Australia's leading cosmetic doctors in Aesthetic medicine. Dr Doreian is an internationally recognised expert, key opinion and thought leader, practicing in Aesthetic Medicine since 2004.

Dr Doreian holds a Specialty Fellowship with the Royal Australian College of General Practitioners, a fellowship with the Cosmetic Physicians College of Australasia, a diploma with Royal Australian College of Gynaecologists and Obstetricians, and has a background in anaesthetics at the Alfred Hospital Melbourne. As such Dr Simone is well placed to share her understanding of the art of medical consultation, assessment, anatomy, procedural safety and communication skills with various industry bodies.

Dr Simone is frequently invited to share her knowledge and expertise in achieving outstanding patient results, teaching aesthetics, anatomy and safe practice at Medical congresses around the world. She holds positions as

- Global Key Opinion Leader and trainer for Galderma
- Key opinion leader for Aesthetic Medicine World Congress (AMWC) annually in Montecarlo, Monaco

- Anatomy for Injectors (AFI) Faculty Member (Australian Society Aesthetic Plastic Surgeons)
- International speaker at various global congresses AMWC, ASCD, Aesthetics AU, NSS ASAPS