HELEN HUNT
MEDICAL AESTHETICS

PATIENT INFORMATION · FACIAL REJUVENATION

Sculptra®

Restoring your skin's own collagen

For firmer, naturally radiant skin – always you



Collagen · Firmness · Radiance

Be natural. Be beautiful. Be you.

EXETER · HONITON · SIDFORD

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What is *Sculptra®*?

Sculptra® is a collagen stimulator made from poly-L-lactic acid, a biocompatible material used in medicine for many years. Made by Galderma, it was the first and original treatment of its kind.



Rather than adding volume straight away like a dermal filler, it works deep within the skin to encourage your body to make its own collagen again.

Over the weeks and months after treatment, your skin gradually rebuilds its support, for a firmer, smoother and more radiant look that still looks like you.

"We love that Sculptra® works with your skin, not on top of it. The change is gradual and subtle, so people simply notice you look well."



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Collagen, and why *it matters*

Collagen gives your skin its firmness, elasticity and structure. From around the age of 20, we produce about 1% less each year, so over time skin can feel thinner, less firm and look more tired.



35%

Up to 35% of our collagen may be lost by the age of 55.

THREE SIMPLE SKIN CHECKS

01 PINCH

Thin skin?

Lightly pinch your cheek. Does the skin feel thin or stretch easily?

02 PUSH

Less lift?

Gently push your cheek upwards. Does the skin sag when you let go?

03 SMILE

Fine lines?

Smile in the mirror. Can you see fine lines around your cheeks?

If you noticed any of these, Sculptra® may help. We will look at this together at your consultation.

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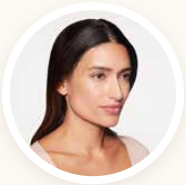
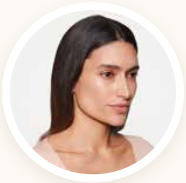
Results that build, *gently*

Because Sculptra® works with your own collagen, changes appear gradually over a few months rather than overnight.



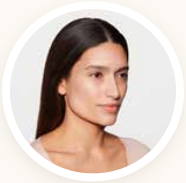
BEFORE

Skin's own collagen is lost over time



3 MONTHS

Visible improvements begin



6 MONTHS +

Sustained, natural-looking results

Real patient, treated over 2 sessions with 1 vial per session, 9 weeks apart. Images courtesy of Galderma. Individual results may vary.



Gradual change, *naturally you*

01
Your own collagen
Works with your skin to rebuild the collagen lost with time, rather than simply filling.

02
Subtle and natural
Results build gently over a few months, so you look refreshed, never "done".

03
Long-lasting
Results from a full course can last up to two years, with occasional maintenance.

04
Medically led
Carried out by Helen and Jodie, our Level 7 qualified Nurse Prescribers, trained in Sculptra®.

WHAT IT CAN HELP WITH

- Loss of firmness or thinning skin
- Softening of the jawline and jowls
- Dull, tired-looking skin
- Hollow cheeks and temples
- Fine lines and wrinkles
- Signs of ageing

Sculptra® is suitable for both women and men, and is tailored to your face and the areas that matter most to you.

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Your Sculptra® *journey*

45	2–3	3–6	2 yrs
MINUTES APPROX.	SESSIONS 4–8 WEEKS APART	MONTHS FOR RESULTS TO BUILD	RESULTS CAN LAST UP TO

FIRST

Your consultation

A new patient consultation with one of our practitioners to talk through your goals and medical history, look at your skin and agree whether Sculptra® is right for you.

TREATMENT DAY

Your first session

Your skin is cleansed and Sculptra® is placed with fine injections, followed by a gentle massage. We will talk you through every step.

4–8 WEEKS LATER

Further sessions

Most people have 2–3 sessions, giving your collagen time to build between each one. We will plan the number of vials with you.

OVER 3–6 MONTHS

Your results

Skin looks gradually firmer and more radiant. Occasional maintenance sessions help keep your results going.

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Back to your day, *gently*

Downtime is minimal, and most people return to their usual routine straight away.

5·5·5

THE RULE OF 5

Massage the treated area for 5 minutes, 5 times a day, for 5 days. We will show you how before you leave.

WHAT TO EXPECT

Some redness, swelling, tenderness or bruising at the injection sites, usually settling within 2–6 days. Any early fullness is swelling, and fades before your results gradually build.

FOR THE FIRST 24 HOURS

Please avoid sun, sunbeds, extreme heat or cold and strenuous exercise. A cool compress can help with swelling. Make-up can usually be applied after a few hours.

> We will give you a full aftercare sheet after your treatment. If you have any questions or concerns, please call the clinic on **01392 984171** – we are always happy to help.

YOUR NEXT STEP

Begin with a *consultation*

Every treatment starts with a new patient consultation, where we will look at your skin, talk through your goals and plan the right course for you. There is never any pressure to go ahead.

CALL

01392 984171

EMAIL

enquiries@helenhuntaesthetics.co.uk

VISIT

helenhuntaesthetics.co.uk

SCAN TO BOOK

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