

SCULPTRA POST-TREATMENT

- It is important that you follow these instructions in order to receive the best clinical outcome.
- 5-5-5 Rule: Massage the treated area with lotion or Arnica cream for five minutes, five times a day, for five days.
- Within the first few hours after your treatment, apply an ice pack wrapped in a cloth (avoid putting ice directly on your skin) to the treatment area to reduce swelling. Temporary swelling and bruising may occur. Typically, this will subside within seven days.
- Avoid heavy exercise for 24 hours after treatment.
- Avoid sun and UV exposure until swelling and redness have disappeared.
- Mineral make-up and other skincare products may be applied after treatment. Our mineral makeup recommendation is ColoreScience.
- Take Arnica as needed.

WHAT TO EXPECT:

- Sculptra is used to stimulate your own collagen and results are gradual. You may not see results for three to six months post-treatment. This is normal.
- Three sessions of Sculptra, six weeks apart, is a typical treatment plan recommended for optimal results.