

Pre + Post Care

Sculptra

Pre-Treatment

- Please come to your appointment with no or minimal makeup
- Please do not use an exfoliator (chemical or granule)
- Avoid using any hot water on your skin, or having direct contact with sunlight

Post- Treatment

- Rule of 5s- With moderate pressure, massage the treated areas for 5 minutes, 5 times a day for 5 days.
- After treatment there will be a possibility of bruising and redness, but this should resolve gradually in 7-10 days
- No alcohol consumption or aspirin 24 hours post injection
- You may take Acetaminophen if you experience any mild tenderness or discomfort
- Avoid strenuous activity for 24 hours to reduce swelling and bruising
- You may continue your normal topical treatments next day after the treatment