



SCULPTRA POST TREATMENT INSTRUCTIONS

The Rule of Fives — Massage Protocol:

- Beginning the evening of your treatment, massage each treated area 5 minutes, 5 times per day, for 5 consecutive days. Use clean hands and gentle circular motions with moderate pressure.

Swelling & Initial Volume — What to Expect:

- You will notice immediate fullness after treatment. This is from the water (sterile solution) — it is NOT your final result.
- This volume will diminish within a few days. This is completely normal and expected.
- You may experience bruising, redness, tenderness, or small lumps at injection sites. These typically resolve on their own.
- True results come from collagen stimulation, which builds gradually over the following months.

Minimizing Bruising:

- Avoid blood thinners for 3 days prior to treatment: aspirin, ibuprofen, naproxen, fish oil & vitamin E.
- Arnica montana or bromelain may be recommended proactively to reduce bruising.
- Sleep with your head slightly elevated the first night to help reduce swelling.
- Avoid touching or pressing on treated areas beyond the prescribed massage routine.

Icing:

- Apply a cold pack or ice wrapped in a clean cloth immediately after treatment for 10–15 minutes to reduce swelling and discomfort.
- Never apply ice directly to the skin — always use a cloth or towel barrier.
- Continue intermittent icing for the first 24 hours: 10 minutes on, 20 minutes off.
- After 48 hours, icing is generally no longer necessary unless swelling persists.

Activity & Restrictions:

- Avoid vigorous exercise, saunas, steam rooms, and hot showers for 24–48 hours post-treatment.
- Increased blood flow and body temperature can worsen swelling and bruising.

Treatment Series & Long-Term Results:

- Most patients require 2–4 treatment sessions spaced 4–6 weeks apart to achieve their desired outcome.
- Results are gradual and cumulative. Visible improvement typically appears over 2–4 months as collagen builds.
- The best results are usually seen 3–6 months after your final session.
- Sculptra results can last up to 2 years or more. Maintenance treatments every 1–2 years help sustain results.
- Patience is key — Sculptra works with your body's own biology to create natural-looking, long-lasting volume.

*****If you experience significant swelling, pain, skin changes, increasing bruising or signs of infection, please contact our office immediately.**