

Sculptra Post-injection Instructions:

- Expect swelling and tenderness for 48 – 72 hours.
- Possible bruising may last about 7 days.
- You may apply cold/ice packs to treated areas for the first 24 hours to minimize swelling. Wrap the ice in a cloth and avoid putting ice directly on your skin.
- Avoid excessive sun and UV lamp exposure until any initial swelling and redness has resolved. If there are no other contraindications, ibuprofen may be taken to ease swelling and tenderness. Normal activities may be resumed immediately following treatment.
- Makeup may be applied 6-12 hours after treatment. Avoid sun exposure until swelling has resolved.
- It is possible for tiny nodules to appear under the skin 6 – 12 months after treatment. They are palpable, but not visible and development can be minimized by following the post treatment massage instructions. **Massage treated areas 5 times a day for 5 minutes for 5 days to distribute solution and help prevent nodule formation.** This may be uncomfortable for the first couple of days, but is still necessary. The easiest time to massage is when the face is moistened with cleanser or moisturizer.
- Most patients feel comfortable going back to their normal activities following treatment.
- Schedule your next appointment in 6 weeks to determine if additional treatments are needed. Most patients require a minimum of two treatments (general rule is a vial of Sculptra per decade of age).
- The swelling will resolve in a few days and your face will look like it did before the treatment. Results begin to appear 6 weeks after treatment and will gradually improve for up to 12 months. Results last up to 2 - 3 years after initial treatment.
- Any worsening or prolonged symptoms should be reported by calling our office right away.