

Post Treatment Care Sheet: Sculptra® Aesthetic

- A cold compress or ice pack may be applied to the treated area to minimize swelling.
- Massage the treated area(s) for five minutes five times per day for five days. Massage should be done in a deep and firm circular motion. Although the treatment area is likely to be tender, it is imperative that you perform massage as directed as this will help minimize the likelihood that any unwanted nodules may develop. Although all patients are at risk for developing nodules, patients who massage as directed are less likely to experience this potential side effect.
- For 24 hours following treatment, we ask that you minimize strenuous exercise, consumption of alcoholic beverages and exposure to sun or heat.
- Avoid taking aspirin, non-steroidal anti-inflammatory medications, and/or high doses of vitamin E for one week after your treatment as these products may increase bruising and/or bleeding at the injection site. Do keep in mind that bruising at the injection site(s) is normal and typically resolves over a period of 5-7 days.
- If you are prone to cold sores, there is a slight risk that your injection may prompt an outbreak. If you experience any symptoms of a pending outbreak, please call our office immediately so that we can prescribe an appropriate course of treatment.
- A few days after your treatment, you may look like you did before. This is normal and temporary as Sculptra Aesthetic works gradually to replace lost collagen.
- Visible results appear over a period of several months/treatment sessions.
- If your provider as indicated that you will need an additional treatment or series of treatments, please be sure to schedule your appointment as recommended. Initial treatment sessions are typically performed four weeks apart.
- As always, please call our office should you have any questions or should you experience any other side effects that are of concern.