

Sculptra - Post Care Instructions

- After your treatment, you might have some redness, swelling and occasionally bruising. This will normally last less than seven (7) days. If redness and swelling should continue beyond seven days or if other reactions occur, please call us.
- Apply cold compresses to the treatment sites to reduce swelling. Ice packs may be used during the first 24 hours - 10 minutes on, 10 minutes off.
- Massage the injected site vigorously 5 minutes, 5 times a day, for 5 days.
- Elevate the head with two pillows while sleeping during the first few days to minimize swelling.
- Aspirin, NSAIDs, and alcohol should be avoided for the first few days after treatment.
- Tylenol may be used for pain control.
- Exaggerated movements of the areas augmented should be avoided for the first several days.
- Avoid hot foods or gum chewing for the first several hours as mouth trauma may occur in the anesthetized areas.
- If you have previously suffered from facial cold sores, there is risk that the needle punctures could contribute to another recurrence. Specific medications can be prescribed prior to the procedure in order to suppress an infection from this virus.
- Avoid exercise and alcohol for six (6) hours following treatment.
- Having a follow up treatment before the product has fully dissipated may enhance the lasting effect. Please be sure to contact us about recommendations for touchups.
- One (1) week prior to your next treatment with Sculptra Aesthetic, avoid taking herbals, oils, high doses of vitamins, aspirin, aleve, and other non-steroidal anti-inflammatory medications, such as ibuprofen. These agents may increase bruising and bleeding at the injection site.

If at any time during office hours or after hours you have any questions, concerns, or problems, please feel free to contact the Lake Jackson office at (979) 297-9289 or Pearland office at (281) 598-6808. If calling after hours, follow the instructions given on the message.

Name

Date

Witness