Sculptra Post- Procedure Instructions

Massage the treated area 5 times a day for 5 minutes for 5 days after the treatment. (5/5/5 Rule) Use ice pack on the treated areas to help reduce swelling & discomfort. The treated areas may be red, swollen, and bruised for up to 14 days. Avoid strenuous workouts for the first 24 hours. A few days after your Sculptra treatment, you will look as you did prior to your treatment. This is normal, and over time, Sculptra will replace lost collagen. Follow up treatments should be scheduled in 6–8 weeks. Visible results may not be seen until all 3 sessions have been completed. Results can last up to two years. Avoid alcohol and medications that can thin the blood including: ibuprofen, Naprosyn, aspirin, and fish oil. Arnica Montana/Sinnech-I helps promote healing and can decrease swelling & bruising. If bruising occurs, Sinnech-I (oral Arnica Montana) can be purchased.

A quality skin care regimen is essential!
You are already taking a big step to help improve the overall look of your skin, and now may be the time to establish or revamp your morning & evening skin care routine. Daily anti-aging skin care is shown to affect significant improvements in skin tone, fine lines, smoothness, and luminosity. Gentle cleanser, moisturizer with SPF protection, and exfoliation will help maximize your results for a more youthful appearance. We recommend Kiss Skin RX skin care products to help improve the overall look of your skin. Allow us to set you up with a free consultation with our Aesthetician to customize a regimen suited to your skin needs.

Initials

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