

## Aftercare Instructions for Sculptra

### What to Expect:

- Right after your treatment you may experience mild swelling or fullness for 2-5 days. This will fade as collagen building begins.
- Bruising is possible and may increase over the next 48 hours.
- Mild facial soreness or tenderness is also common and part of the normal healing process.
- Results will be gradual. Remember Sculptra works by stimulating new collagen. Full improvement takes 8-12 weeks and may require multiple sessions.

### What to Do:

- Massage treated areas for 5 minutes, 5 times per day, for 5 days unless instructed otherwise.

### What to Avoid:

- No saunas, steam rooms, hot tubs or excessive sweating for 24 hours.
- No facials, microneedling, IPL treatments or chemical peels for 2 weeks.
- Avoid heavy workouts for 24 hours.

### When to Call Us:

- Any discomfort or pain that worsens instead of improving.
- Signs of infection, such as fever, increasing redness or warmth.
- Hard nodules or firm bumps that persist beyond healing.