

Sculptra

Pre and Post Care Instructions

Before Treatment

- Avoid the following up to 2 weeks prior to treatment:
 - Blood thinners/anti-inflammatory medications such as Advil, Ibuprofen, Motrin, Aleve, Aspirin, Green Tea, Ginkgo Biloba, Ginseng, St. John's wort, Vitamin E, A and Fish Oil.
- Avoid any sun exposure for one week prior to treatment.
- Do not consume alcohol 24 hours prior to the treatment.
- Discontinue topical products such as Retin-A, retinols, retinoids, glycolic acid, alpha hydroxy acid, or any anti-aging products 2 days before and 2 days after treatment.

After Treatment

Immediately After Treatment

- Mild redness, swelling, tenderness, or bruising is normal and temporary.
- Apply a cold compress (10–15 minutes at a time) if needed for swelling or discomfort.
- Avoid touching or applying pressure to treated areas unless instructed for massage.

Massage Rule (Very Important)

Follow the 5-5-5 rule:

- Massage for 5 minutes
- 5 times per day
- For 5 days

Use clean hands and gentle, even pressure to help distribute the product evenly and reduce the risk of nodules.

First 24–48 Hours

- Avoid strenuous exercise, saunas, steam rooms, and hot baths.
- Avoid alcohol for 24 hours to reduce bruising.
- Sleep on your back if possible.
- Avoid facials, facial massages, or dental work for at least 7 days unless advised otherwise.

Skin Care & Makeup

- You may apply makeup after 24 hours, as long as there is no broken skin.
- Use gentle skincare only for the first 24–48 hours.
- Avoid active products (retinol, acids, exfoliants) for 3–5 days.

Results & Expectations

- Sculptra works gradually by stimulating collagen.
- Initial fullness may subside within a few days—this is normal.
- Results develop over 6–12 weeks and improve with a series of treatments.
- Longevity can be up to 2 years.