

# SCULPTRA AFTERCARE

## FOR THE FIRST 24 HOURS - *DOs*

- Apply a cold compress (wrapped in a clean cloth) to reduce swelling or discomfort, 5–10 minutes at a time as needed.
- Massage the treated area for 5 minutes, 5 times a day, for 5 days (“the 5-5-5 rule”). This helps ensure smooth product distribution and minimizes the risk of bumps.
- Sleep with your head slightly elevated the first night to reduce swelling.
- Stay well-hydrated—healthy skin starts within!

## FOR THE FIRST 24 HOURS - *DON'Ts*

- Apply makeup or skincare products to the treated area for at least 12 hours.
- Engage in strenuous activity or exercise for 24 hours.
- Expose your skin to heat (sun, saunas, tanning beds) for at least 48 hours.
- Drink alcohol or take blood-thinning medications (like aspirin or ibuprofen) for 24 hours, unless prescribed.

## IN THE FIRST FEW DAYS - *DOs*

- Continue gentle massage as instructed for the full 5 days.
- Use gentle skincare and daily SPF 30+ to protect your skin.
- Be patient—Sculptra works gradually by stimulating your body’s own collagen production.

## IN THE FIRST FEW DAYS - *DON'Ts*

- Schedule facials, lasers, or other skin treatments in the treated area for at least 2 weeks unless approved by your provider.
- Expect instant results—this is a slow and steady wins the race treatment!

You may see subtle plumpness early on due to swelling, but the real results develop gradually over 6–12 weeks as collagen builds. A series of treatments (typically 2–3) spaced several weeks apart is often recommended for best results.

Results can last up to 2 years with proper maintenance.

