

## **Sculptra Aesthetic Post Treatment Instructions**

---

The results of Sculptra Aesthetic are not immediate. At your first treatment visit, it may appear that Sculptra Aesthetic worked immediately because of swelling from the injections and the water used to dilute Sculptra Aesthetic. A few days following the treatment, when the swelling goes down and the water is absorbed by your body, you may look as you did before your treatment. Sculptra Aesthetic takes time to gradually correct the depression in your skin.

Depending on the volume of Sculptra Aesthetic used and the injection technique, the effect of a treatment with Sculptra Aesthetic may last up to 2 years, but that in some cases the duration of the effect can be shorter or longer. Most areas of treatment will require 2 to 6 sessions, usually at 4 to 6 week intervals, for optimal correction. Because individual responses to Sculptra Aesthetic therapy may vary, the exact number of treatment sessions required cannot be predicted with complete accuracy. Additionally, in order to maintain the desired degree of correction, intermittent “touch-up” treatments may be needed.

- Ice packs may be used during the first 24 hours- 10 minutes on, 10 minutes off.
- Massage the treated areas gently 3 to 5 times per day for 3 to 5 minutes, for 3 to 5 days after the injection to help minimize swelling.
- Avoid laser treatments, chemical peels or abrasive skin treatments for several weeks following treatment.
- 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 treated 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 experience bruising, you can apply over-the-counter Arnica gel to speed healing.
- Exercise may actually increase the response to this product and we encourage this starting the day after the procedure.
- Minimize exposure of the treatment area to sun and avoid UV lamp exposure until any initial swelling and redness has resolved.