

**SCULPTRA Post-Care Instructions:**

Expect swelling and tenderness for 48 – 72 hours. Possible bruising may last about 7 days.

- You may apply cold/ice packs to treated areas for the first 24 hours to minimize swelling.
- Arnica gel may be used to massage the areas to help reduce bruising and swelling
- Normal activities may be resumed immediately following treatment.
- Makeup may be applied a few hours after treatment.
- Avoid sun exposure until swelling has resolved.
- Massage treated areas 5 times a day for 5 minutes for 5 days to distribute solution and help prevent nodule formation - unless instructed not to. This may be uncomfortable for the first couple of days, but is still necessary. The easiest time to massage is when the face is moistened with cleanser or moisturizer.
- Schedule your next appointment in 2-3 months to determine if additional treatments are needed. Most patients require a minimum of two treatments.
- Results may begin to appear 4 - 6 weeks after treatment and will gradually improve for up to 12 months. Results last up to 2 - 3 years after initial treatment.
- A possible side effect can be the delayed appearance of tiny nodules under the skin, which can appear 6 – 12 months after treatment. They are palpable, but not visible and development can be minimized by following the post treatment massage instructions.
- Any worsening or prolonged symptoms should be reported to the technician.