

# Congratulations!

We look forward to assisting you with your self-care regimen!

## Sculptra®

### POST-TREATMENT

- Avoid strenuous exercise for 24 hours.
- Do not apply makeup x 4 hours to the area treated.
- Bruising can occur and typically fades after 5-7 days.
- You can apply ice to the affected area for bruising and/or swelling for 5 minutes at a time in the first 24 hours.
- Avoid heat (saunas, sun beds, hot showers) and UV light exposure x 24 hours.
- Continue to avoid alcohol and NSAIDS (ibuprofen) for 1-2 days if bruising occurs as it will worsen.

### MASSAGE SCHEDULE FOR THE TREATMENT AREA(S)

- 5 minutes, 5 times a day, for 5 days.

### WHEN TO CALL SKINLOGIC

- Swelling, puffiness or lumpiness which does not fade in the first week with gentle massage.
- The areas treated changes texture and becomes hard or the area becomes increasingly red over the first 48 hours post treatment.
- Any crusting or signs of infection.
- If you develop increasing pain near or above the site of injection that gets worse over time, especially if associated with pale area of skin indicating a lack of blood flow, immediately contact us.