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### **Sculptra Post Treatment 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 nodule formation.** 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
- 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 Doctor.