



Post Injection Instructions

Sculptra

- Ice packs may be used during the first 24 hours. 10 minutes on, 10 minutes off.
- Massage the injected site using the “5, 5, 5, rule,” Massage 5 times a day for 5 minutes for 5 days.
- Aspirin, NSAID’s and alcohol should be avoided for the first few days after treatment.
- Tylenol may be used for pain control.
- If you have continued swelling, tingling sensation, blisters, pain at the site, blanching (skin turns white), or vision changes, call the office.
- Avoid sun or tanning beds until initial swelling and redness has subsided.
- You may apply makeup a few hours after your Sculptra treatment if no complications are present.
- May use topical Arnica post care if bruising occurs for a week=.
- Duration of the filler varies with each individual. Repeat injections are needed to maintain optimal correction. Please discuss this with your Injectionist for appropriate scheduling and treatment.

If you have any additional questions or concerns, please call our office at (616) 888-3100.