

# Corpus Christi Institute of Cosmetic & Plastic Surgery

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## **Post-Sculptra Instructions:**

- Massage the treated areas 5 times a day for 5 minutes for 5 days after treatment.
- Hold ice packs on the treated areas gently for about 3-5 minutes a few times that day.
- Feel free to wear makeup a few hours after.
- Treated areas may be red, swollen, and bruised for the first 2-7 days.
- Do NOT get a facial or massage for 2 weeks after your filler procedure.
- Avoid strenuous workouts and alcohol for 24 hours if possible.
- If bruising occurs, you may use Arnica supplements, apply topical Arnica gel, and/ or drink fresh pineapple juice/ eat fresh pineapple to help bruising resolve faster.
- Bruising can be covered with makeup.
- A few days after treatment, you will look as you did before treatment. This is normal, over time, Sculptra will replace lost collagen.

## **Follow-Up Treatment:**

- Follow up treatments should be scheduled about every 4 weeks.
- Visible results may not be seen until 3 sessions have been completed.
- Results can last more than two years.

**We want you to have an outstanding result. If you have any questions or unexpected concerns, please call the office for assistance.**

Initials \_\_\_\_\_