

SCULPTRA PRE + POST CARE

Before Your Treatment — Pre-Care Instructions

- Avoid blood-thinning medications & supplements — If medically safe to do so, avoid aspirin, ibuprofen, naproxen, fish oil, vitamin E, turmeric, garlic supplements, and St. John's Wort for at least 7 days before to minimize bruising.
- Avoid alcohol — Do not consume alcohol for at least 48 hours before your appointment as it thins the blood and increases bruising risk.
- No waxing or other skin treatments — Avoid waxing, threading, chemical peels, laser treatments, and microneedling in the treatment area for at least 2 weeks beforehand.
- Avoid sun exposure — Stay out of direct sun and avoid tanning beds for at least 2 weeks prior to your appointment.
- Arrive with a clean face — Come with no makeup, sunscreen, or skincare products on the day of your appointment.
- Stay well hydrated — Drink plenty of water in the days leading up to your treatment — good hydration supports better skin quality and recovery.
- Avoid vigorous exercise the day of — Strenuous activity increases circulation and can elevate bruising risk — take it easy the day of your appointment.
- Manage cold sore history — If you have a history of cold sores and are receiving treatment near the mouth area, notify your provider in advance. An antiviral medication may be recommended as a precaution.
- Disclose full medical history — Inform your provider of all medications, supplements, autoimmune conditions, history of keloid scarring, active skin infections, allergies, or recent cosmetic procedures. Sculptra may not be suitable for all patients.

After Your Treatment — Post-Care Instructions

- Massage — the 5-5-5 rule — This is the most important post-care step for Sculptra. Massage the treated area for 5 minutes, 5 times a day, for 5 days after each session. This helps distribute the product evenly and reduces the risk of nodule formation. Use a gentle moisturizer or lotion when massaging.
- Apply a cold compress — Use a clean cold compress or chilled gel pack (not ice directly on skin) for 5-10 minutes at a time in the first few hours to help reduce swelling and discomfort.
- Expect temporary volume then a dip — Swelling immediately after treatment may make the area look very full — this is temporary and will subside within a few days. The area may then appear to return to baseline before gradual collagen stimulation takes effect over weeks to months.
- Keep your head elevated — Sleep with your head elevated on an extra pillow for the first 1-2 nights to help minimize swelling.
- Apply SPF every day — Protect treated areas from UV exposure with SPF 30-50 every day. Sun exposure can impair collagen production and compromise your results.
- Avoid strenuous exercise — Skip intense workouts, heavy lifting, and cardio for at least 24-48 hours to minimize swelling and bruising.
- Avoid heat exposure — Stay away from saunas, steam rooms, hot tubs, and prolonged sun exposure for at least 48 hours post-treatment.
- Avoid alcohol — Do not consume alcohol for at least 24-48 hours after treatment as it increases inflammation and bruising.
- Skip makeup on injection sites — Avoid applying makeup directly over injection sites for at least 12-24 hours to reduce the risk of infection.
- Stay well hydrated — Drink plenty of water throughout the weeks following treatment — Sculptra works by stimulating collagen production, and good hydration supports this process.
- Keep all follow-up appointments — Sculptra is typically administered in a series of 2-3 sessions spaced 4-6 weeks apart. Attending all sessions is important to achieving optimal, long-lasting results.

Contact your provider immediately if you experience:

- Severe or worsening pain disproportionate to the treatment
- Skin that appears white, blue, or mottled (possible vascular compromise)
- Signs of infection: increasing redness, warmth, pus, or fever
- Nodules or lumps that appear after the 5-day massage window and do not resolve
- Vision changes or eye pain
- Any signs of allergic reaction or unusual skin changes

The 5-5-5 massage rule is the single most important thing you can do after Sculptra to protect your results. Do not skip it. Results build gradually over 3-6 months as collagen production is stimulated, and can last up to 2 years or more. Patience is key — avoid judging your results too early, and attend all sessions in your treatment series for the best outcome.