



Lindsey Pennington, MD
F A C I A L P L A S T I C S

Sculptra Aftercare Instructions

- Ice (but avoid firm pressure) for 15 minutes 3 times the day of treatment.
- You may take Acetaminophen/Tylenol if you experience any mild tenderness/discomfort. Try to stay away from any aspirin products as these may increase bruising.
- Massage the areas 5 times a day, for 5 minutes each time, for 5 days after treatment.
- Drink plenty of water for 2-3 days after the procedure as this will help promote the collagen stimulating effects of the treatment.
- After treatment there will be moderate swelling and redness with the possibility of bruising.
- These symptoms will resolve in about 7 days. You may apply or take Arnica tablets to help decrease the amount of bruising.
- Avoid extended UV exposure until any redness/swelling has subsided. Apply SPF.
- Avoid strenuous exercise for 24 hours to reduce bruising. You may resume other normal activities/routines immediately.
- Avoid laser, IPL, or skin tightening treatments of the area for at least 2-3 weeks.
- You may continue your normal skincare routine 1 week after injection.

Please call our office if you have any questions or concerns: 318-216-5366.