

## Sculptra® Aftercare

### Before

- **Avoid** alcohol beginning 3 days before and at least 24 hours after.
- **Avoid** supplements such as fish oil, omega vitamins, and Ibuprofen, Aspirin or NSAIDs which increase chance of swelling/bruising starting 5 days before your procedure.

### Swelling and Bruising

- **Bruising**-may occur in the areas injected and resolve within 1-2 weeks. You may take OTC Arnica/Bromelain to improve this bruising.
- **Swelling**-is most noticeable 24-48 hours after the procedure and may last 1-2 weeks.
- **Asymmetry**-caused by swelling may not be even on each side. Keep in mind that your results will take time. It takes at least 4-6 weeks for your body to produce collagen from this treatment.
- **Discomfort**-you may take Tylenol and use ice packs for mild discomfort after injection.

### Massage

- Massage injection area for 5 minutes, 5 times per day, for 5 days after your procedure.

### Activity

- Do not exercise for 24 hours after your procedure.

**Please contact our office if you have any questions or concerns.**