

Sculptra® Pre & Post Care Instructions

Pre-Treatment Care

To ensure safe treatment and optimal results:

- You must be in good health with no active infections for at least 2 weeks prior
- Avoid dental work, cleanings, or vaccinations for 2–4 weeks before and after treatment
- Avoid alcohol, NSAIDs (ibuprofen, aspirin), fish oil, and supplements that may increase bruising for 3–5 days prior, if medically appropriate
- Arrive with a clean, makeup-free face and hair pulled back

Post-Treatment Care

Sculptra works by stimulating your body's own collagen production—results develop gradually over time.

What to Expect

- Bruising, tenderness, and soreness are normal for a few days
- You may appear full immediately after treatment due to sterile water used in reconstitution
 - This temporary volume typically resolves within 24–48 hours
- Results develop gradually over weeks to months as collagen is stimulated

Massage Protocol (Critical for Best Results)

| Follow the 5-5-5 Rule:

- Massage treated areas for 5 minutes
- 5 times per day
- For 5 days
- Use clean hands or a clean tool (e.g., jade roller)
- This helps ensure even product distribution and optimal collagen stimulation

Activity & Care

- Avoid strenuous exercise/cardio for 24 hours
- You may resume normal sleeping positions
- Avoid makeup for 24 hours
- You may apply a cold compress as needed for comfort
- Acetaminophen (Tylenol) may be used for discomfort
- Avoid Aspirin or Ibuprofen if possible, as they may increase bruising

- Alcohol may be consumed after treatment, but may increase bruising

What to Avoid

- Avoid excessive pressure or manipulation outside of instructed massage
- Avoid dental work or vaccines for 2–4 weeks post-treatment

Treatment Plan & Results

- Sculptra requires a series of treatments, typically spaced 4–6 weeks apart
- Results are progressive and long-lasting, improving over several months
- Your provider will guide you on the appropriate number of sessions based on your goals

When to Contact RN Esthetics

Please notify us if you experience:

- Increasing pain, redness, or swelling
- Signs of infection (warmth, drainage, fever, chills)
- Persistent or enlarging nodules
- Any unusual or concerning reaction