



SCULPTRA® POSTCARE INSTRUCTIONS

- Expect swelling and tenderness for 48 – 72 hours. Possible bruising may last about 7-10 days.
- Within the first 24 hours of treatment, apply a cloth-wrapped ice pack to the treated area for a few minutes at a time. Never apply ice directly to the skin. The cold will help reduce common swelling.
- Ibuprofen and Arnica Montana may be taken to ease swelling and tenderness.
- Avoid exercise for 48-72 Hours
- Massage the treated area for 5 minutes, 5 times a day for 5 days after treatment as recommended by your physician. This will prevent nodule formation.
- Protecting your skin from the sun is always important, but after treatment, excessive sunlight and UV lamp exposure should be avoided until any initial swelling and redness go away. Your doctor will provide guidelines on sunscreen protection and how to avoid excessive sunlight.
- Remember, Sculptra Aesthetic works by gradually replacing lost collagen. It provides improvements subtly without making it look like you've had work done. Results may begin to appear 4 - 6 weeks after treatment and will gradually improve for up to 12 months. Results last up to 2 - 3 years after initial treatment.
- Schedule your next appointment in 4 - 6 weeks to determine if additional treatments are needed. Most patients require a minimum of two treatments.
- A possible side effect can be the delayed appearance of tiny nodules under the skin, which can appear 6 –12 months after treatment. They are palpable, but not typically visible and development can be minimized by following the post treatment massage instructions.
- Any worsening or prolonged symptoms should be reported to the Doctor.

If you should have an after hours emergency regarding your Sculptra, please contact Julie Accaregui at 208-794-0169.

I have read and received a copy of the Post Sculptra Instructions.

Client Signature _____ Date _____

PURE Representative _____ Date _____