

Good Genetics
Aesthetics
BY NATALIE FACCHINI



Sculptra

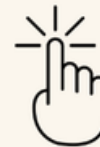
AFTERCARE

The following guide will help you to understand the process that your body goes through after your treatment.

- **Post-Treatment Swelling:** During the first two weeks, the treated area may feel swollen from the trauma caused during the injections, and you might experience soreness.
- **Pain Management:** Avoid taking Ibuprofen for pain relief, as its blood-thinning properties can worsen the swelling. Paracetamol is a more appropriate alternative.
- **Discomfort Relief:** Any initial discomfort can be eased by applying an ice pack, which will help reduce the swelling.



Apply ice every hour during the first day



Avoid touching the area first 24h



Apply arnica to minimise bruising



Do not use anti-inflammatory medications to avoid bruising



Avoid excessive sweating for 24h



Avoid make-up for 24h

IT IS IMPORTANT TO FOLLOW THE SPECIFIC AFTERCARE INSTRUCTIONS PROVIDED TO ENSURE THE BEST POSSIBLE HEALING AND RESULTS. IF YOU HAVE ANY QUESTIONS OR CONCERNS ABOUT THE AFTERCARE PROCESS, BE SURE TO ASK YOUR PRACTITIONER FOR MORE GUIDANCE.

THE 5-5-5 RULE

Massage is the single most important part of your Sculptra recovery. It ensures the poly-L-lactic acid particles are distributed evenly to stimulate natural collagen growth.

- **5 times a day:** Space your sessions evenly throughout the day.
- **5 minutes per session:** Massage firmly enough to move the tissue but never cause sharp pain.
- **5 days in a row:** Start on the day of your treatment or the following morning.

For further information regarding the massage, please scan the QR-Code on the leaflet in the aftercare kit you received following the treatment.

WHAT TO AVOID

- **Strenuous Workout:** Skip heavy exercise and excessive sweating for 24-48h.
- **Sun & Heat:** Protect your face from UV rays and avoid extreme temperatures (sunbeds, saunas, hot yoga) for at least 48h to minimise inflammation.
- **Alcohol & Smoking:** Avoid alcohol for at least 24h as it can dilate blood vessels and worsen bruising and swelling.
- **Other Facial Treatments:** Wait at least 2 weeks before getting facials, lasers, chemical peels or dental work in proximity to the treated area.

MEDICAL ATTENTION

- Contact your practitioner immediately if you experience any signs of infection, such as hot, red, shiny skin, pus formation, fever, or feeling generally unwell.
- Seek emergency medical attention if you experience severe allergy symptoms, including rash, facial swelling, or difficulty breathing.
- Contact your practitioner as soon as possible if you notice any other unwanted side effects.

Important Note: Avoid booking appointments with other clinics or companies, as this **may invalidate our review procedure and your insurance policy**. If you are concerned about your immediate health, please proceed directly to your GP or the nearest Accident & Emergency (A&E) department.

If you have any concerns at all, please contact us without delay. You can reach us via the email and phone number on the first page. We encourage clients to visit us for a review before seeking alternative advice. In most cases, we can resolve issues in-house.