



Sculptra® Aesthetic Treatment Instructions

Poly-L-Lactic Acid (PLLA) Collagen Stimulator

Before Treatment

1. One Week Prior:

- Avoid **blood-thinning medications and supplements**, including aspirin, ibuprofen (Advil, Motrin), naproxen (Aleve), fish oil, vitamin E, ginkgo biloba, St. John's Wort, and garlic supplements — unless prescribed by your physician. These can increase bruising and bleeding.
- Refrain from **alcohol** for at least 48 hours before your appointment.
- Avoid **dental procedures, vaccines, or major medical treatments** within 2 weeks of your Sculptra® session.
- If you are prone to **cold sores**, notify your provider; an **antiviral medication** (such as Valtrex) may be prescribed to prevent an outbreak.
- Postpone treatment if you have an **active skin infection, acne breakout, or rash** in the treatment area.

2. 24–48 Hours Before:

- Stay **well hydrated** — proper hydration helps optimize results.
- Avoid **strenuous exercise, excessive sun or heat exposure, and alcohol consumption**.
- Do not use **retinoids, glycolic acid, or exfoliating products** in the treatment area.

3. Day of Treatment:

- Arrive with **clean, makeup-free skin** (no lotions, serums, sunscreen, or foundation).
- Inform your injector of any **recent medical changes, new medications, or other facial treatments**.
- Eat a light meal before your appointment to reduce the chance of lightheadedness.
- Plan your schedule to allow for possible **mild swelling or bruising** for several days post-treatment.

After Treatment

1. Immediately After:

- Expect mild **redness, swelling, or tenderness** at the injection sites; this typically resolves within a few days.
- Small **lumps or firmness** may be felt under the skin temporarily — this is normal.
- You may apply a **cool compress** (wrapped in a clean cloth) for 10 minutes every hour as needed for the first 24 hours.
- Avoid **touching, pressing, or massaging** the treated areas — except as instructed below.

2. The 5-5-5 Massage Rule:

To ensure smooth, even distribution of Sculptra® and to stimulate collagen production, follow the 5-5-5 rule:

- **Massage for 5 minutes**
- **5 times per day**
- **For 5 consecutive days**

Use a gentle moisturizer or facial oil during massage. Apply light to medium pressure — the goal is to move the product evenly through the tissue, not to irritate the skin.

3. First 24–48 Hours:

- Avoid **strenuous exercise, alcohol, and excessive heat exposure** (saunas, hot tubs, or direct sunlight).
- Do not apply **makeup or skincare products** to treated areas for at least 24 hours.
- Sleep on your **back with your head elevated** to minimize swelling.
- Avoid **dental work or facial treatments** for at least 2 weeks.

4. First Week:

- Continue gentle **cleansing and hydration** of your skin.
- Mild bruising or tenderness may occur — use **Arnica** or a cool compress if desired.
- Avoid **facials, laser treatments, or exfoliation** for 7–10 days.

5. Results Timeline:

- Initial fullness may appear right after treatment due to water in the product; this will diminish within a few days as it absorbs.
- **Collagen stimulation begins gradually**, with noticeable improvement typically appearing at **4–6 weeks**.
- **Full results** develop over **2–3 months** and continue to improve with each treatment session.
- A typical treatment series includes **2–3 sessions**, spaced **4–8 weeks apart** for optimal collagen stimulation and volume restoration.

Maintenance and Long-Term Care

- Results can last **up to 2 years** or longer, depending on individual factors and treatment plan.
- Maintain a healthy lifestyle — **avoid smoking, limit alcohol**, and stay well hydrated.
- Protect your skin daily with **broad-spectrum SPF 30+** sunscreen.
- Schedule maintenance treatments as recommended by your injector for sustained collagen support and natural volume enhancement.

Follow-Up

- Your provider will likely schedule a **follow-up visit** 4–6 weeks after treatment to assess results and plan additional sessions if needed.
- Contact your provider immediately if you experience:
 - Severe pain or blanching (white or dusky skin discoloration)
 - Persistent lumps or nodules

- Signs of infection (fever, pus, spreading redness)
- Vision changes or severe headache