

### Sculptra Post Care Instructions

- You may experience a mild amount of tenderness or stinging during and following injections. If Lidocaine was added, numbness is possible for a few hours after injections as well. Lidocaine can also temporarily drop your eyebrows or smile, but this will resolve within a couple of hours. Swelling, redness, firmness, asymmetry, itching and tenderness, is not a concern. If pain is sharp + worsening, (rather than sore + improving), please call the office and let us know.
- You may take Acetaminophen/Tylenol for any discomfort, but most patients do not find it necessary. Arnica sublingual tablets and creams, as well as ice packs, may be used as needed for bruising and swelling. Follow instructions on the bottle.
- If Sculptra was injected in the face, sleeping with your head elevated may reduce the amount of swelling, but is not necessary.
- **MASSAGE INJECTED AREAS 5 TIMES A DAY, 5 MINUTES EACH, FOR 5 DAYS AFTER INJECTIONS. THIS IS THE MOST IMPORTANT INSTRUCTION!**
- **Sculptra is NOT like filler. Results are DELAYED. Be sure you are scheduled for your next Sculptra session. They are spaced about 5 weeks apart. Don't expect to see results until 5 months after the first session. 80% of patients are satisfied with treatment for 2 years!**
- Wait until tomorrow to apply cosmetics or products on the area. Aquaphor/Vaseline on lips is okay, and Zinc-based (antimicrobial) tinted SPF on the skin is okay (we recommend our SPS sunscreen!). Wait a few days before applying any harsh skincare (Retinol, Vitamin C, Hydroquinone, specifically). Gentle cleansers, hydrators, and moisturizers are okay.
- Avoid direct sunlight and extreme cold until swelling/redness has subsided. Wear SPF.
- Avoid dental work (including teeth cleanings) AS WELL AS vaccines for 2 weeks.
- Do not partake in heavy aerobic exercise or any activity that raises core body temperature or blood pressure for the rest of the day.
- Do not seek any other facial treatments (including laser, dental work, IPL/BBL, chemical peels, etc.) in the treatment area for at least 2-3 weeks.
- It can take up to TWO weeks for swelling and bruising to subside.
- Avoid heavy salt intake as well as alcohol for the first 24 hours after injection.
- Please call Southlake Plastic Surgery Med Spa at (817) 442-0810 with any questions.