



Sculptra Pre & Post Treatment Instructions

Pre-Treatment Care:

There are no special requirements to prepare for your Sculptra treatment; however, following these simple steps can help reduce your risk of bruising and promote optimal results:

- To reduce the risk of bleeding, consider stopping NSAIDs such as aspirin, ibuprofen (Advil, Motrin), or Aleve a few days before treatment
- Avoid alcohol for 24 hours before your procedure.
- You may begin taking Arnica supplements one week prior to your treatment to help minimize bruising and speed recovery.
- Arrive with a clean, make-up free face on the day of your appointment.

Post-Treatment Care:

Proper aftercare is essential to achieving the best results from your Sculptra treatment.

- Massage the treated area for 5 minutes, 5 times per day, for 5 days following your treatment. This helps evenly distribute the product and encourages natural collagen production.
- When massaging, we recommend using a lightweight moisturizer or a gentle, hydrating cream recommended by your practitioner.
- Avoid strenuous exercise, sun exposure, saunas, and heat for 24 hours after treatment.
- You may apply cool compresses to reduce any swelling or tenderness.
- Do not apply makeup to the treated area for 24 hours.
- Avoid laser treatments, microneedling, or facials for at least 2 weeks after your session.
- Mild swelling, redness, or tenderness is normal and typically resolves within a few days.

What to Expect:

- Sculptra works gradually to stimulate your body's natural collagen production, improving volume, firmness, and skin texture over time.
- You may notice initial fullness that will soften over a few days as swelling subsides.
- Visible improvement typically develops between 6–12 weeks after your first treatment.
- Most patients require a series of 2–4 treatments, spaced 4–6 weeks apart, to achieve their desired result.
- Results can last up to 2 years or longer with maintenance sessions as recommended by your practitioner.

Please call our office if you have any questions or concerns 404-832-0300