

After Your SCULPTRA Treatment

- You can expect any bruising to resolve within 7-10 days; applying topical arnica gel will assist in speeding that healing.
- **MASSAGE MASSAGE MASSAGE FIRMLY for 5 MINUTES, 5 TIMES A DAY, for 5 DAYS.** No exceptions! Sculptra only works if you stimulate it by massage.
- The sensitivity and tenderness is normal and you **MUST** continue massaging through that sensation.
- You may take Tylenol/Acetaminophen for any discomfort.
- **AVOID** strenuous physical activity for 12 hours.
- Most people do a series of 3 treatments of 2 vials at each treatment. Your provider will have advised you whether you should expect to come back for another treatment in five weeks. Regardless, you will start to see the improvements from this Sculptra treatment in about 4 weeks and will continue to have change for 6-12 months.