

PRE & POST-CARE ADVICE

SCULPTRA

PLEASE FOLLOW THIS ADVICE FULLY FOR YOUR HEALTH, WELLBEING, AND TO ENSURE THE EFFECTIVENESS AND LONGEVITY OF YOUR RESULTS

Before Treatment

- Avoid alcohol for 24 hours before treatment
- Avoid Ibuprofen, Aspirin and blood-thinning supplements where possible for 48 hours prior
- Attend with clean skin and minimal makeup
- Please inform the clinic of any illness, skin infections, cold sores, or recent dental treatment

After Treatment

Mild swelling, redness, tenderness and bruising are common and usually settle within a few days.

Important:

Follow the 5-5-5 massage rule:

- **Massage treated areas for 5 minutes**
- **5 times a day**
- **For 5 days**

For 24 Hours After Treatment

- Avoid alcohol
- Avoid strenuous exercise
- Avoid excessive heat (saunas, steam rooms, hot baths)
- Avoid touching the treated area unnecessarily

Results

Sculptra works gradually by stimulating collagen production, with results developing over several weeks. A course of treatments may be recommended for optimal results.

If you have any concerns, notice unusual reactions, or need further guidance after your treatment, please get in touch with us promptly.