



Sculptra

Post Care Instructions

- You may take Acetaminophen/Tylenol if you experience any mild tenderness/discomfort.
- Massage the areas 5 times a day, for 5 minutes at a time, for 5 days after the treatment.
- After treatment, there will be moderate swelling and redness with possibility of bruising. These symptoms will resolve in about 7 days. You may apply or take Arnica tablets to help decrease the amount of bruising.
- Avoid extended UV exposure until any redness/swelling has subsided. Apply SPF 30 +.
- Avoid strenuous exercise for 24 hours to reduce bruising. You may resume other normal activities/routines immediately.
- Avoid laser, IPL, or skin tightening treatments of the area for at least 2-3 weeks.
- You may continue your topical products as mentioned above 1 week after injection.

For any additional post care questions, please call us at 540-323-7254 and visit us at blossomaesthetic.com



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