

SCULPTRA® POST-CARE INSTRUCTIONS

Fox Valley Plastic Surgery SC

Your treatment is complete. Follow these instructions and any personalized directions from your injector to reduce common side effects and support an even result.

The Essential 5-5-5 Massage Routine

5 MINUTES	5 TIMES A DAY	FOR 5 DAYS
Massage each treated area	Space sessions throughout the day	Begin today unless told otherwise

- Use clean hands and a moisturizer or gentle facial lotion to reduce friction.
- Massage with firm, even circular motions over every area your injector treated. Do not massage untreated filler areas unless instructed.
- If massage is very painful or you are unsure about the technique, stop and call the office.

For the First 24 Hours

- Apply a clean, cloth-wrapped cold pack for a few minutes at a time to reduce swelling. Never place ice directly on the skin or press forcefully.
- Avoid strenuous exercise, excessive heat, saunas, hot tubs, and very hot showers.
- Limit alcohol because it may worsen bruising or swelling.
- Use gentle skin care. Makeup may generally be applied several hours after treatment if there are no complications; use clean hands or applicators.
- Sleep with your head slightly elevated when practical.

What to Expect

First few days	Swelling, tenderness, redness, bruising, itching, or temporary fullness can occur. Swelling usually improves within several days.
After swelling fades	The treated area may appear closer to its pre-treatment appearance. This is expected; Sculptra works gradually by stimulating collagen.
Following weeks	Visible improvement develops progressively rather than immediately. Keep all planned treatment and follow-up appointments.
Over time	Small lumps may occasionally be felt under the skin. Larger, painful, inflamed, discolored, or delayed lumps should be evaluated by the office.

Protect Your Result

- Avoid excessive sunlight and ultraviolet lamp exposure until swelling and redness have resolved. Use sunscreen and protective clothing.
- Do not schedule facials, facial massage, lasers, peels, microneedling, or other procedures in the treated area until your injector says it is safe.
- Do not judge your final result based on the temporary swelling immediately after treatment. Sculptra results develop gradually and often require a treatment series.

Call the Office Promptly

- Increasing redness, warmth, drainage, fever, worsening tenderness, an open sore, or other signs of infection.
- A hard, painful, enlarging, inflamed, or discolored nodule, or a lump that develops days, weeks, or months later.
- Severe or persistent swelling, hives, or other signs of an allergic reaction. Call 911 for trouble breathing or a severe reaction.

Seek Immediate Medical Attention

Contact our office immediately and seek urgent medical attention for unusual or worsening pain; skin that becomes white, gray, blue, dusky, blotchy, or cool; increasing skin discoloration; vision changes; severe headache; facial drooping; weakness or numbness; trouble speaking; or difficulty walking. These rare symptoms can indicate impaired blood flow and require immediate treatment.

Questions or concerns? Call Fox Valley Plastic Surgery at (920) 233-1540.

In an emergency, call 911 or go to the nearest emergency department.