

lachele

AESTHETICS & WELLNESS

Sculptra Post Treatment Instructions

- You may experience bruising, swelling, mild discomfort, and or a headache following the injections. You may use ice packs or take Tylenol for the discomfort. If you experience bruising, it is at its worst day 2-4 and often resolves within 2 weeks.
- **Massage- It is very important you massage the area** with a lubricant/ moisturizer for **5 minutes, 2 times per day (1x in the morning, 1x per night), for 5 days** (*in the treated areas*)- Massage in a deep circular fashion to permit an even distribution of the product and help maintain more uniform results.
- Makeup may be applied a few hours after injections if no complications are present. Exposure of the treated areas to sunlight or UV light such as tanning beds should be avoided until initial swelling and redness have resolved. We recommend avoiding tanning beds regardless.
- After several days to one week, you will notice that the initial swelling imparted by the sterile water in the Sculptra product will go away. **THE EFFECT OF YOUR TREATMENT HAS NOT GONE AWAY.** As explained to you, formation of collagen is a gradual process occurring over 6 weeks to 3 months. Do not be discouraged. This gradual slow growth is what gives you your result, not the initial swelling from the treatment.
- Remember that it often takes multiple treatment sessions, approximately 4 to 6 weeks apart, before you see a discernible difference. Please be patient.

If you have any questions or concerns, please call our offices at (855)522-4353 and follow the prompt for your desired location. During off hours, call Dr. Espinoza's cell at (908)303-5694. You can also email us at team@lachele.com