

after sculptra instruction sheet



1. You may have bruising, swelling, mild discomfort, and/or a headache following the injection. You may use an ice pack to the treated area and take Tylenol for the discomfort. Dr. Lam will use his laser at 5 to 7 days to greatly reduce or eliminate your bruising within 48 hours typically. He waits until 5 to 7 days have gone by so that the bruise is more mature and the laser can work more effectively. There is no extra cost for this service.
2. It is very important that you aggressively massage the treated areas with a lubricant/moisturizer (as shown to you at the end of the procedure) at least 3 times a day for 3 days following the injection. Each massage session should last around 5 minutes in duration. In case you have forgotten, massaging in a deep circular fashion permits the most even distribution of the product and will help attain more uniform results.
3. After several days to one week, you will notice that the initial swelling imparted by the salt water in the Sculptra product will go away. **YOUR EFFECT HAS NOT GONE AWAY.** As explained to you, Sculptra takes several weeks to months to begin to grow your own collagen. This gradual, slow growth is what gives you your result not the initial swelling from the injection/salt water.
4. Remember that it often takes multiple treatment sessions spaced approximately 4 to 6 weeks apart before you see a discernible difference. Please be patient.
5. Call our office with any questions or concerns.