

## SCULPTRA AESTHETIC POST TREATMENT INSTRUCTIONS

Asymmetry immediately following the treatment session is not uncommon. The asymmetry is temporary if the amounts of product used were the same on both sides.

- Apply an ice pack to the treated area intermittently for the first 24 hours (10 minutes on, 10 minutes off) after treatment to minimize swelling. Ice should not come into direct contact with skin.
- **Massage the treatment area(s) 5 times a day for 5 minutes each time for the first 5 days. Rule: 5 x 5 x 5**
- Elevate the head with two pillows while sleeping during the first few days to minimize swelling
- Minimize exposure of the treatment area to excessive sun and U.V. lamp until swelling and redness has resolved.
- Aspirin, NSAIDs, and alcohol should be avoided for the first few days after treatment.
- Tylenol may be used for pain control.
- Make-up may be applied a few hours post treatment if no complications are present (open wounds, bleeding, redness and swelling).
- Exaggerated movements of the areas augmented should be avoided for the first several days.
- Avoid hot foods or gum chewing for the first several hours as mouth trauma may occur in the anesthetized areas.
- Sculptra Aesthetic may cause redness, swelling, or bruising when first injected into the skin. A hematoma may also occur, typically resolving in hours to about 2 weeks. Report worsening or prolonged symptoms to your healthcare provider.
- Treatment with Sculptra Aesthetic can result in very small bumps called “papules” in the treatment area: Typically, these papules are beneath the skin surface, (“subcutaneous”), are not visible, do not cause symptoms, and may be noticed only when pressing on the treatment area. Visible nodules, sometimes with redness or color change to the skin, have been reported.
- Report any side effects to your healthcare provider.

Patient Name: \_\_\_\_\_

Sign: \_\_\_\_\_

Date: \_\_\_\_\_