



Sculptra® Post-Care

- You must massage the treated areas using the 5-5-5 rule: Massage areas 5 times a day for 5 minutes each time, for the next 5 days. If you had Sculptra in the neck, massage one side of the neck at a time, and massage in an upward direction.
 - TIP: set an alarm on your phone to remind you!
- No straining, heavy lifting, or vigorous exercise, excessive sun or heat exposure, exposure to extreme cold, or drinking alcoholic beverages for 24 hours following treatment.
- Please wait 2 weeks before any other aesthetic treatments.
- Cold packs may be applied to areas of swelling after injections.
- Wearing makeup is not recommended for the next 24 hours.
- You may follow your normal skincare routine tonight using gentle cleansers and light washing.
- If you have a small bump that remains 4-6 weeks after your Sculptra treatment, please let us know and we will see you back in the office to resolve it.
- Avoid dental work, vaccines, surgeries, tattoos or permanent makeup for 4 weeks after your Sculptra appointment. Avoid dermal filler for 3 months.
- Please stay hydrated for the next 48 hours.
- No using straws or heavy kissing for the next 2 weeks if lip/perioral area was treated.
- Do not massage filler.
- Do not put anything occlusive on treated areas or touch your face for 24 hours.
- Common side effects after Sculptra include swelling, bruising, tenderness, soreness, lumps, redness, and itching at the injection sites. Ice/cold packs can help improve these. Please notify us *immediately* for any intense areas of pain or significant bruising.

For questions during our business hours of 8 am - 5 pm, please call:

Medical Assistant: 406.587.4432 ext. 5

For **emergencies only** on weekends or after-hours, please contact your provider:

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