



## **Sculptra Post-Treatment Instructions**

Immediately after a *Sculptra* injection session, redness, swelling, and/or bruising may appear in the treatment area. To reduce the risk of edema and/or bruising after injection, an ice pack wrapped in cloth (avoid any direct contact of the ice with the skin) is applied to the treated areas.

- To help *Sculptra* distribute evenly in the contour deficiency, it is important at the end of the treatment session to manually massage in a circular fashion the treatment area for a minimum of 2 minutes. A facial moisturizer should be used to perform the massage. It is recommended that the patient should massage the treated areas for five minutes, five times per day for five days after the injection session to promote a natural-looking correction.
- In addition, massaging the treatment area to ensure proper distribution of the product may also minimize the appearance of nodules. Nodules usually resolve spontaneously. However, as reported in published literature, some nodules may require medical treatment such as subcision (break-up of nodules with sterile saline solution), and delayed occurrence of subcutaneous nodules at the injection site (usually will manifest within 3 to 4 months after the treatment) may require treatment such as intralesional injections of corticosteroids, subcision and/or excision.
- Within the first 24 hours, an ice pack wrapped in cloth (avoiding any direct contact of the ice with the skin) should be applied to the treatment area to reduce swelling and bruising. *Sculptra* may cause redness, swelling, or bruising when first injected into the skin, typically resolving in hours to one week. Hematoma may also occur, typically resolving in hours to about two weeks. Worsening or prolonged symptoms or signs should be reported to the health care provider. The original skin depression may initially reappear, but the depression should gradually improve within several weeks as the treatment effect of *Sculptra* occurs. The health care provider will assess the need for additional *Sculptra* injection sessions after at least four weeks.
- It is recommended to massage in a circular fashion the treated areas for 5 minutes, 5 times per day for 5 days following any injection session, according to the healthcare professional's advice.
- Treatment with *Sculptra* can result in small papules in the treated area. These subcutaneous papules are typically not visible and asymptomatic and may be noticed only upon pressing on the treatment area. However, visible nodules, sometimes with redness or color change to the skin, have been reported. Patients should report these events and any other side effects to their health care provider.
- Aesthetic make-up may be applied a few hours post-treatment if no complications are present.
- Exposure of the treated area to sun and UV lamp exposure and extreme temperatures are to be avoided until any initial swelling and redness has resolved. Patients should be informed about appropriate sunscreen protection according to the healthcare professional's advice.

**If you have any questions or concerns, please contact us at 970-343-6933.**

