

Collagen Stimulant Treatment (Sculptra)

Post Care Instructions

During the first 24 – 48 hours after your Sculptra treatment you may experience redness, swelling, bruising and/or tenderness in the treated areas. Redness and swelling usually resolves within the first 24 hours, except in those with especially sensitive skins who may take longer. Bruising and tenderness may last up to 7 days.

The following guidelines are recommended during the first 24-48 hours following injection treatment.

- Massage the treated area for 5 minutes, 3 – 5 times per day for 5 days after your treatment as demonstrated by your treating practitioner. Use moisturiser to reduce friction when massaging.
- Avoid sun and UV exposure until swelling and redness have resolved.
- Apply cool compresses to the treated areas to relieve swelling and reduce the risk of bruising. Arnica or Hirudoid may be used to help bruising and to promote healing.
- Cleanse and moisturise as usual, but it is best to avoid using more active products containing AHAs (Alpha Hydroxy Acids/Glycolids), BHAs (Beta Hydroxy Acids), or Retinoid gels or creams during the first 24 hour as these may inflame the injection sites.
- Ideally, you should delay using makeup in the treated area until the next day. Light makeup may be used if absolutely necessary immediately.
- Avoid drinking excessive amount of alcohol as this increases circulation and may prolong bruising or swelling.
- Similarly avoid strenuous exercise and extremes of hot and cold.

Should you have any queries or concerns at any time - Call 8267 2800.