



### **Sculptra Post Procedure Instructions**

1. Ice packs may be used during the first 24 hours -10 minutes on, 10 minutes off.
2. Massage the injected site using the "5, 5, 5 rule." Massage 5 times a day for 5 minutes for 5 days.
3. Aspirin, NSAID's and alcohol should be avoided for the first few days after treatment.
4. Tylenol may be used for pain control.
5. 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 area(s).
6. Notify the physician for significant swelling, bleeding, eye pain, vision loss, dusky discoloration, and/or excessive pain.