

## **SCULPTRA POST TREATMENT PLAN**

- Apply a cool compress to the injection site(s) for up to 48 hours.
- Massage 5 times per day for 5 minutes for 5 days after the injection.
- Elevate head with 2 pillows while sleeping during the first few days to minimize swelling.
- Avoid strenuous exercise for 24 hours post-treatment.
- Avoid excessive sun or heat exposure for 24 hours post-treatment.
- Avoid alcohol for 24 hours post-treatment.
- Avoid over the counter blood-thinning medications for 48 hours post-treatment. (Advil, Ibuprofen, Fish Oil, Vitamin E)
- Tylenol may be used to control pain.
- Use Arnica topically for pain/bruising. (Available for purchase at The Clinic)

*Please contact us with any questions or concerns.*

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