

### **Sculptra Post-Treatment Instructions**

- Massage the injected site vigorously five times per day for five minutes. Please continue this for five days post-treatment.
- Elevate your head with two pillows while sleeping during the first few days to minimize swelling.
- Ice packs—10 minutes on, 10 minutes off—may be used to help with discomfort and swelling during the first 24 hours post-treatment.
- Aspirin, NSAIDS, and alcohol should be avoided for the first few days after treatment.
- Tylenol may be used for pain control.
- Exaggerated movements of the treated areas 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 numbed-up areas.
- Notify your physician if you experience significant swelling, bleeding, eye pain, vision loss, dusky discoloration, excessive pain, fever or if you have any questions or concerns.

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