

# POST-PROCEDURE RECOVERY GUIDE: SCULPTRA BIOSTIMULATOR

## What to Expect After Your Treatment

Following your Sculptra treatment, you may experience temporary swelling, redness, tenderness, bruising, or firmness at the injection sites. These effects are common and typically improve within several days. Unlike traditional dermal fillers, Sculptra works gradually by stimulating your body's natural collagen production. Initial fullness from swelling or injected fluid will subside before collagen-building results develop over time.

## Post-Treatment Instructions

### The 5-5-5 Rule

To help distribute the product evenly and optimize results:

- Massage the treated areas for 5 minutes
- 5 times per day
- For 5 days after treatment

Your provider will demonstrate the appropriate massage technique if needed.

### For The First 24 Hours

- Apply cool compresses as needed for comfort
- Avoid strenuous exercise
- Avoid excessive heat exposure including:
  - Saunas
  - Steam rooms
  - Hot tubs
  - Hot yoga
- Avoid alcohol consumption
- Minimize touching or pressure on treated areas except for instructed massage

## Common Side Effects

- Swelling
- Bruising
- Tenderness
- Redness
- Mild itching
- Small bumps or firmness

## Please contact our office if you experience:

- Severe pain
- Increasing redness or warmth
- Significant swelling
- Signs of infection
- Persistent or enlarging nodules
- Any symptoms that concern you

*Austin Cosmetic Medspa*

THE ART AND SCIENCE OF AESTHETIC MEDICINE  
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