

Sculptra Aftercare Instructions

Thank you for choosing us for your Sculptra treatment. Proper aftercare is essential to ensure safe healing and the best possible results. Please follow these instructions carefully:

What to Expect:

- Mild swelling, redness, tenderness, or bruising at injection sites
- Treated areas may temporarily appear "fuller" due to swelling and fluid — this will subside
- Full results develop gradually over 6–12 weeks as collagen production increases
- Multiple sessions may be recommended for best results

Immediately After Treatment:

- Apply a cold compress (wrapped in cloth) gently to treated areas in 10-minute intervals to minimize swelling
- Avoid touching, pressing, or massaging unless instructed
- Stay upright for at least 4 hours after injections
- Do not apply makeup or skincare to the treated areas for at least 4–6 hours

First 24 Hours:

- Begin the "5-5-5" Rule:
 - Massage the treated areas for 5 minutes, 5 times a day, for 5 days
- Avoid strenuous exercise, heavy sweating, saunas, or hot showers
- Sleep with your head elevated to help reduce swelling
- Hydrate well — drink plenty of water to support healing

Ongoing Care (Days 2-14):

- Continue the 5-5-5 massage routine as instructed to prevent nodule formation
- Protect your skin with broad-spectrum SPF 30+ to maintain healthy collagen production
- Avoid excessive sun or UV exposure during the healing process
- Refrain from facial treatments (lasers, microneedling, chemical peels) until cleared by your provider
- Minor lumps or bumps are normal and usually soften with massage over time

When to Contact Us:

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ShimChing MD

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Please reach out immediately if you experience:

- Significant swelling or redness that worsens after 48 hours
- Pain, heat, or signs of infection (pus, fever) at the injection site
- Persistent nodules, lumps, or any asymmetry not improving after massages
- Any sudden changes in skin color or severe discomfort

Additional Tips:

- Be patient — Sculptra works by stimulating your body's own collagen production
- You may need 2–3 sessions spaced 6–8 weeks apart for optimal results
- Maintain healthy lifestyle habits (hydration, sun protection, good skincare) for best longevity
- Results can last up to 2 years with proper maintenance

If you have any questions or experience any unusual symptoms, please contact us at 808.585.8855. Thank you for trusting us with your care!