

Sculptra® Post-Treatment Instructions

What to Expect & General Guidelines

Sculptra is a biostimulatory injectable that works gradually by stimulating your body's own collagen production. Results develop over time and require patience.

What to Expect Immediately After Treatment

Normal side effects:

- Swelling (most common; may last 2–5 days)
- Tenderness or soreness
- Mild bruising
- Firmness or small temporary lumps at injection sites
- Temporary “full” appearance from the sterile water used to reconstitute the product (this resolves within several days)

You may appear fuller initially — this is from fluid and will subside as it absorbs.

Massage: The 5-5-5 Rule

To reduce the risk of nodules:

- Massage treated areas **5 minutes**
- **5 times per day**
- For **5 days**

Use moderate pressure similar to applying moisturizer. Consistent massage is important.

First 24–48 Hours

- Avoid strenuous exercise for 24 hours.
- Avoid excessive heat (saunas, hot yoga, hot tubs).
- Avoid alcohol for 24 hours.
- You may apply makeup after 24 hours.
- Ice may be applied gently for swelling or discomfort.

Collagen Stimulation Timeline

Sculptra works by triggering a controlled inflammatory response that stimulates fibroblasts to produce new collagen.

Week 1–2:

Inflammatory phase begins. The body responds to the product and starts activating collagen-producing cells.

Week 3–6:

Early collagen formation begins. Subtle skin texture and firmness changes may start.

Week 6–12:

Noticeable collagen deposition occurs. Gradual improvement in volume, skin thickness, and structure becomes visible.

3–6 Months:

Peak collagen production and visible structural improvement.

Beyond 6 Months:

Collagen continues remodeling and strengthening. Results can last **2+ years**, depending on age, metabolism, and number of treatment sessions.

Most patients require a **series of 2–3 sessions**, spaced 6–8 weeks apart for optimal collagen building.

Important Information

Small palpable areas can occur but usually soften with massage and time. Delayed nodules are uncommon but can occur weeks to months later.

Contact our office immediately if you experience:

- Increasing pain
- Significant redness or warmth
- Skin discoloration
- Signs of infection
- Persistent or enlarging firm nodules

Long-Term Expectations

Sculptra improves:

- Facial volume loss
- Skin laxity
- Overall skin thickness and quality
- Structural support

Results appear gradual, natural, and progressive because they come from your own collagen production.
