



Post-Treatment Instructions

- Immediately following treatment: redness, bruising, and swelling may occur in the treated area. These signs usually go away in a short period of time, usually less than a week, and are generally mild in nature. You may use an ice pack the first 24 hours to help reduce swelling.
- Taking Arnica Montana orally and using Arnica cream on the treated areas may also help reduce swelling and bruising.
- Rule of 5's: Massage 5 times a day for 5 min for 5 days post Sculptra injections.
- If you have previously suffered from facial cold sores, there is a risk of recurrence.
- Avoid exercise and alcohol for 6 hours after treatment as these will increase redness.
- Some people may need to use concealer to cover bruising. We carry Jane Iredale (mineral-based) products that offer concealment.
- If you have any questions or concerns, please call our office at 703-962-2520.