



Roxana F. Barad, M.D.
Medical Director
4424 Penn Avenue, Suite 102
Pittsburgh, PA 15224
412-683-3358

Post Sculptra Treatment Guidelines

Sculptra Aesthetic (injectable poly-L-lactic acid) is a non-surgical, cosmetic treatment to reduce facial lines and wrinkles, improve skin quality and create a fuller, more youthful appearance.

Side Effects

The intensity and duration of your side effects depends on the treatment and your individual bruising and healing characteristics, but usually can last a week or longer after your treatment.

- **Swelling:** If there is any, you will notice most of the swelling the first morning after treatment, particularly under the eyes. Swelling usually lasts 2-3 days. To minimize swelling:
 - Apply cold compresses to the treatment area for 10 minutes every hour.
 - Sleep with head elevated the first night. Use as many pillows as you can tolerate.
 - Take Arnica and Bromelain as described in our anti-bruise protocol.
 - The initial swelling after treatment of the lips may last longer. Some patients experience swelling for up to a week.
- **Redness:** You may apply makeup immediately after treatment, if you wish to camouflage.
- **Tenderness/Pain:** You may take Tylenol or Advil if necessary.

After Treatment Massage

- **Use the rule of 5: massage for 5 minutes, 5 times a day, for 5 days:** This is necessary to ensure that the product is evenly distributed while it sets and to increase its effect. It is easiest to massage when the face is moistened with a cleanser, moisturizer or sunscreen, and in the shower.

After Treatment Skin Care

- **Avoid excessive sun and heat** until the initial swelling and redness resolves. This includes aggressive exercise.
- **Avoid squeezing and massaging of the treated areas** for at least 4 hours after treatment. This may subtly change the shape we're trying to achieve.
- **Sunscreen:** Proper and frequent application is always important. We recommend the Elta MD line - ask us for a recommendation for your specific needs. Apply 20 min before going outside and repeat every 2 hours if you are in the sun.

If you have any additional questions or concerns, please do not hesitate to call us: 412-683-3358