



Thank you for visiting us at The Treatment. We look forward to seeing you again!

Post-Sculptra Treatment Instructions

- Icing area with an ice pack is OK, it is best you use the ice pack we provide for you. It is re-freezable. Do not use ice cubes directly on the skin. Skin should not get wet from the ice pack.
- Massage the area 5 times a day, for 5 minutes each time, for the next 5 days. You can use Arnica gel, Aquaphor, or any light cream or moisturizer that you normally use (just avoid using anything with retinol or Retin-A for the next 5 days). Do not use any new products on your skin during this time.
- After the treatment, there will be a moderate amount of swelling or “fullness” to the area. This will gradually resolve on its own in 3-5 days.
- Bruising may occur. OK to apply make-up the next day to help cover up any bruising. Bruising will generally fade in 7-14 days. Inform the office if any pimples, pustules, or skin discolorations (such as a blue color, paleness, or very dark black) appear near the treated areas over the next few days.
- You may apply or take Arnica tablets to help decrease the amount of bruising.
- Avoid exercise or strenuous activities for the remainder of the treatment day; anything that would increase your heart rate. You may resume other normal activities/routines immediately.
- You may take Acetaminophen/Tylenol if you experience any mild tenderness or discomfort.
- Wait for a minimum of TWO weeks (or as directed by your provider) before receiving any skincare or laser treatments.

Please let us know if you have any questions or concerns prior to your appointment.

Claremont (909) 625-7546

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Redlands (909)898-6200

Email Us hello@getthetreatment.com

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