

Sculptra®

PRE | POST INSTRUCTIONS

Tiffani
RN | BSN | MSN
MM | CANS
NURSE INJECTOR

2/2026

POST-PROCEDURE INSTRUCTIONS

Immediately following the treatment session, you may experience some or all the following conditions: redness, swelling, pain, bruising, tightness, or numbness of the treated area. These side effects usually subside in a 24 to 72 hours.

- In the hours following the procedure, avoid extreme facial expressions, alcohol consumption, sun exposure and saunas or hot tubs.
- Apply a wrapped ice pack to the treated site to reduce swelling. Avoid putting ice directly on the skin.
- Gently massage the treated areas for 3-minutes, 2-times per day, for 4-days. Avoid excessive manipulation of treated area.
- You can massage with your massage roller or hands (make sure hands are clean).
- For any discomfort you may take Tylenol.
- Avoid excess sunlight and UV exposure.

If you have any questions at all, please do not hesitate to contact us at 701-530-8450.



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