

Sculptra® Post-Treatment Instructions

Thank you for trusting us with your recent treatment. To ensure the best possible results and a smooth recovery, please follow these essential post-treatment care instructions:

- **Massage the Treated Area**

- Follow the “5-5-5” rule unless otherwise directed by your provider: massage the treated area for 5 minutes, 5 times a day, for 5 days.
- Gentle, circular massage helps distribute the product evenly and supports optimal results.

- **Avoid Direct Sunlight and Heat**

- Refrain from excessive sun exposure, tanning beds, saunas, or hot tubs for at least 24–48 hours.
- If you must be in the sun, use a broad-spectrum sunscreen of SPF 30 or higher.

- **Cold Compress if Needed**

- Apply a cold compress (not direct ice) to reduce swelling, if recommended by your provider. Use intermittently during the first 24–48 hours.

- **Minimize Strenuous Activities**

- Avoid vigorous exercise, heavy lifting, or activities that increase blood flow to the face for at least 24 hours. This reduces the risk of swelling and bruising.

- **Avoid Blood-Thinners**

- Limit alcohol, aspirin, ibuprofen, or similar products (unless prescribed by a doctor) for about 24–48 hours post-treatment, as they can worsen bruising.

- **Skincare and Makeup**

- You may resume most skincare routines the following day unless otherwise advised.
- If the treatment area is tender, use gentle, non-irritating products.
- Clean makeup applicators and brushes thoroughly to avoid infection risks.

- **Monitor for Unusual Reactions**

- Mild swelling, bruising, or redness is common and should subside within a few days.
- Contact your provider if you notice lumps, persistent swelling, or any signs of infection.

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We hope your recent visit to Aloha Aesthetics has brought positive change to your life. If we've been able to make a difference for you, we want you to know that you have the power to help us make a difference for even more people.

Your honest feedback not only helps us improve, but it also allows us to reach others who could benefit from the care we provide. By sharing your experience, you're helping us enhance the lives of more patients.

- **Leave a Google Review:** [[Google Review Link](#)]
- **Check in on Yelp:** [[Yelp Check-in Link](#)]

Thank you for trusting us, and for being part of our mission to improve lives through exceptional care.

Should you have any questions or concerns, please don't hesitate to contact us.

Warm regards,

Aloha Aesthetics MD

Sincere Service. Remarkable Results.