

Derm*Laser* Institute of Dallas
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Sculptra Aftercare

It is important that you adhere to the aftercare instructions provided by Dr. Ellen Turner. These instructions should be followed after every Sculptra Aesthetic treatment.

After your treatment:

- Massage (Rule of 5-5-5) the treated area for: **5 times a day, 5 minutes** each massage, **5 days** after the treatment session
- Within the first 24 hours after treatment, apply ice pack for a few minutes at a time to the treated area to reduce swelling; wrap the ice pack in a cloth to avoid putting the ice pack directly on your skin
- Make-up maybe applied a few hours after treatment if no complications are present
- Avoid excessive sun and UV lamp exposure until any initial swelling and redness has resolved
- Report any worsening or long-lasting symptoms or signs to your healthcare provider
- Remember to schedule your next appointment with Dr. Turner 4-6 weeks after treatment