

---

## Post-Care Instructions After Sculptra Treatment

Thank you for choosing us for your Sculptra treatment! To help ensure the best possible results and minimize any potential risks, please follow these instructions carefully.

---

### What to Expect:

- **Swelling, redness, and bruising** are common and should resolve in 1-2 weeks.
  - **Results are gradual** – Sculptra works by stimulating your body's own collagen production, so you may notice the full effects in 4-6 weeks and the best results in a few months.
- 

### Dos:

1. **Massage the treated areas** as instructed by your provider. Generally, massaging gently for **5 minutes, 5 times a day** for the first 5 days after treatment helps distribute the product evenly.
  2. **Reduce the risk of infection**
    - Cleanse skin with gentle cleanser using tepid water, pat to dry with clean towel
    - Change your pillow case to have clean surface, preferably cotton
    - Avoid having pets or animals touching the face
  3. **Apply cold compress** to reduce swelling or bruising for the first 24 hours.
  4. **Stay hydrated** and drink plenty of water.
  5. **Use sunscreen** every day to protect your skin, especially in the days following treatment.
  6. **Sleep with your head elevated** on pillows for the first few nights to minimize swelling.
- 

### Don'ts:

1. **Refrain from strenuous physical activity** for 24-48 hours after treatment.
2. **Avoid excessive heat** such as saunas, hot tubs, or sun exposure for at least 2 weeks.
3. **Don't apply makeup** to the treated area for at least 24 hours.
4. **Avoid alcohol** and any blood-thinning medications (like aspirin) for 24-48 hours after your treatment.

---

## Signs of Vascular Occlusion (Emergency):

Though rare, there is a risk of **vascular occlusion**, where the filler may block a blood vessel. Immediate treatment is important to prevent serious issues. Please **watch for these warning signs**:

- **Severe pain** at or around the treated area (more than mild discomfort).
- **Paleness or blanching** of the skin, particularly around the injection site.
- **Purple or blue discoloration** of the skin.
- **Cold or mottled skin** that feels unusually cool to the touch.
- **Vision changes** or unusual sensations like tingling/numbness, especially if near the eye area.

---

## What to Do if You Notice These Signs:

1. **Call us immediately** if you experience any of the above symptoms. Time is important in case of a vascular occlusion.
2. **Do not wait or try to treat it yourself** — prompt intervention is necessary.
3. After hours, please contact our emergency line, and we'll guide you through the necessary steps.

---

## When to Schedule Follow-Up:

- A follow-up appointment is typically scheduled **6-8 weeks** after your Sculptra treatment to assess your progress and determine if additional treatments are needed.
- If you have any concerns or unusual symptoms before then, don't hesitate to reach out.

---

## Contact Information:

### Contact Information:

Daytime hours please contact our office

**Phone:** 613-595-1880

**Email:** [info@newageaesthetics.com](mailto:info@newageaesthetics.com)

**Emergency After-Hours Line:** 613-851-9125 call or text

If you are unable to reach us, please present yourself to the nearest emergency department.