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## **After Care Instructions**

After each treatment session with Sculptra Aesthetic there are a few easy things you will need to help with the treatment results. You can print out this instruction sheet and keep it handy so you remember to do these things every day.

### **HAVE AN ice pack ready**

Within the first 24 hours of treatment, apply a cloth-wrapped ice pack to the treated area for a few minutes at a time. Never apply ice directly to the skin. The cold will help reduce common swelling.

### **GIVE YOURSELF facial massages**

Massage the treated area for 2 minutes 2 times a day for 2 days after treatment as recommended by your physician.

### **AVOID excess sunlight and UV exposure**

Protecting your skin from the sun is always important, but after treatment, excessive sunlight and UV lamp exposure should be avoided until any initial swelling and redness go away. Your doctor will provide guidelines on sunscreen protection and how to avoid excessive sunlight.

Call your [doctor](#) if you have any questions or concerns after treatment. Also, report any side effects to your doctor. Be sure to keep any follow-up appointments that may be scheduled.

Remember, Sculptra Aesthetic works by gradually replacing lost collagen. It provides improvements subtly without making it look like you've had work done.