LAVISH WELLNESS & WEIGHT LOSS

SCULPTRA TREATMENT INSTRUCTIONS

Post-Treatment Protocol & Collagen Stimulation Guide

You have just completed a treatment using a collagen-stimulating product called Sculptra. Your aesthetic injector has provided this written outline of aftercare instructions to help ensure optimal results and longevity from your treatment.

UNDERSTANDING SCULPTRA & IMMEDIATE WATER FULLNESS

Sculptra is a micro-particle powder that is reconstituted and suspended in sterile water before injection into the skin. Immediately following your treatment, you will experience fullness in the treated areas due to the direct volume of sterile water injected.

Timeline Expectation: This initial fullness will completely disappear over several hours as the water is absorbed, returning the treated area to its pre-treatment appearance. Collagen stimulation naturally begins **8 to 12 weeks** post-treatment and reaches its peak within 6 months. Do not equate the initial lack of visible change with treatment failure—results are gradual and increase progressively over time.

GENERAL AFTERCARE & EXPECTATIONS

- **Immediate Normal Reactions:** Redness, swelling, and tenderness in the treated areas are normal for the first 24–48 hours and resolve spontaneously within 2–4 days. Light water-based or mineral makeup may be applied as needed.
- **Bruising & Unevenness:** Bruising at the injection sites can occur and clears in 1–10 days. Temporary swelling and bruising may give an appearance of unevenness, which will settle as swelling subsides.
- **The 5-5-5 Massage Protocol:** Firmly massage the entire treated area **5 times daily for 5 minutes for 5 consecutive days**. Use your fingertips along with a greasy moisturizer or Arnica cream. This ensures proper distribution of particles and prevents nodule formation.
- **Collagen Collections:** Small, rice-grain-sized collections of collagen may occasionally be felt 3–6 months post-treatment as collagen stimulation peaks. Very rarely, larger collections may be felt (though not visible); these generally reabsorb naturally over 3–4 months.

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Post-Care Restrictions & Contact Information

ACTIVITIES & SKINCARE RESTRICTIONS

- **Avoid Triggers (24 Hours):** Avoid alcohol, caffeine, hot drinks, and spicy foods for 24 hours, as these can exacerbate swelling and bruising.
- **Avoid Blood Thinners (1–2 Weeks):** Refrain from taking blood-thinning medications (Aspirin, Ibuprofen) and supplements (multivitamins, fish oils, glucosamine, Vitamin B, or Vitamin E) for 1–2 weeks to prevent bruising. *Consult your primary care physician before discontinuing prescribed medications.*
- **Avoid Exertion & Heat (24 Hours):** Avoid exercise, strenuous physical exertion, direct sun exposure, solariums, or saunas for 24 hours post-procedure.
- **Avoid Active Skincare (24 Hours):** Do not apply active skincare ingredients (Glycolic Acid, Salicylic Acid, Retinoids/Vitamin A, Vitamin C) or perfumed products/soaps to the treated area for 24 hours.

HYDRATION & BRUISING CARE

- **Increase Water Intake:** Drink plenty of water for 2–3 days post-procedure to promote cellular hydration and support the collagen stimulation process.
- **Cold Compresses:** Apply cold compresses to injected areas for up to 6 hours after treatment to reduce swelling and prevent bruising. **Do not apply ice directly**, as extreme cold suppresses collagen stimulation. If swelling/bruising is minimal, skip cold compresses and consume only cold drinks for 24 hours.
- **Warmth for Established Bruises:** You may use Arnica to reduce bruising. Once a bruise has formed (after 48 hours), applying mild warmth helps encourage the body's natural reabsorption of the bruise.

COMMUNICATION & FOLLOW-UP CARE

The most important person at **Lavish Wellness & Weight Loss** is you, the patient! We are 100% committed to giving you the perfect treatment experience.

When to Contact Us: Contact us immediately if you experience allergic responses, prolonged generalized symptoms, or persistent lumps/unevenness after 5–7 days.

Clinical Enquiries & Appointments: Call our clinical staff at **(951) 729-3994** for questions or to schedule an evaluation or future enhancement session.

Emergency: In case of a severe medical emergency, please visit the nearest emergency room.

Feedback: Share your results with us or leave a review on Google, Yelp, or Facebook!