

Your recovery is just as important as your treatment.

SCULPTRA AFTER CARE

Post Care

- Massage the treated areas using the "5-5-5" rule: 5 minutes, 5 times per day, for 5 days
- Apply a cold compress intermittently for the first 24 hours to reduce swelling
- Avoid strenuous exercise, heavy sweating, and heat exposure (saunas, hot tubs, hot yoga) for 24 hours
- Avoid direct sun for 48–72 hours
- Acetaminophen may be used if needed; avoid NSAIDs if bruising is a concern unless otherwise directed

What to Expect

- Immediate swelling is common and usually subsides within a few days, at which point the treated area may look close to its pre-treatment appearance — this is expected as the initial volume is largely from the injection fluid
- Bruising and tenderness at injection sites can occur and resolve within several days
- Correction develops gradually as your own collagen rebuilds — over weeks to months
- A series of treatment sessions is typically recommended for full results
- Results build over time and can last up to about 2 years; individual results vary

CALL OUR OFFICE IMMEDIATELY

Newport Beach: 949.650.8882 **Beverly Hills:** 310.467.2180

Contact us right away if you experience any of the following:

- Increasing pain instead of gradual improvement
- Spreading redness, warmth, pus, or fever
- Persistent or enlarging lumps or nodules that do not improve
- Any change in vision

For life-threatening symptoms, always call 911 or go to the nearest emergency room first.

Questions or concerns? Please contact our office—we're happy to help.

Optimal healing leads to optimal results. Thank you for trusting Batniji Facial Plastic Surgery.