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## Post Treatment Instructions for SCULPTRA

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Thank you for choosing Baskin Aesthetic Medicine

### WHAT TO KNOW AFTER EACH TREATMENT

Your skin may appear "lumpy" and mildly red or swollen for 24 to 48 hours after the treatment. This is normal. The treated areas may be mildly sore up to 3 days after treatment. Swelling is common and may be uneven. Bruising is common and can develop anywhere from immediately after the injection to 4 or 5 days after and may take several days to resolve. We offer a quick laser treatment that may help a bruise resolve sooner. Contact us if you feel this would be helpful. You may notice a fullness of the treated area for up to 10 days after the treatment. You may experience jaw discomfort after your treatment. This is normal and should subside within 24-48 hours. The effect of Sculptra is slow and gradual as your skin forms collagen around the product crystals. Treatment results are seen about 3 months after your last Sculptra treatment and can last up to 2 years.

### WHAT TO DO AFTER EACH TREATMENT

Deeply massage the treated areas 5 times a day for 5 minutes each day for 5 days. Apply an ice pack to treated areas on and off for 20 minutes and repeat 2 to 3 times this evening to reduce swelling and bruising. You may resume your normal skin care routine this evening.

### WHAT TO AVOID AFTER EACH TREATMENT

Do not apply makeup for the rest of the day. Avoid any dental procedures in the next 2 weeks. Limit your alcohol intake and avoid Aspirin, Ibuprofen or other anti-inflammatory medication for 24 hours (Tylenol is fine). Avoid strenuous exercise for 48 hours. Avoid tanning or UV exposure until all redness or bruising has resolved.

### CONCERNS

Contact us if you experience discoloration of the skin other than bruising, persistent or worsening pain, excessive swelling, surrounding redness, heat, develop a fever, a cold sore or have any questions or concerns.

After hours, please call our office 207-780-0045 for instructions to reach Dr Baskin.

**If you have any questions after reading these guidelines, please do not hesitate to call us for clarification.**