

Sculptra (Collagen Stimulation)

POST-TREATMENT CARE PROTOCOL

THE RULE OF 5 (CRUCIAL FOR FIRST 5 DAYS)

The 5-5-5 Rule

To ensure proper distribution of the Poly-L-lactic acid (PLLA) microparticles and prevent the formation of nodules or lumps, you must follow this massage protocol:

- Massage the treated areas for 5 minutes, 5 times a day, for the first 5 days post-treatment.
- Use a clean moisturizer or gentle cleanser during the massage to avoid friction on the skin. Use firm, upward, circular motions.

IMMEDIATE POST-TREATMENT (DAY 1)

Initial Volume Illusion

The treated area will look immediately filled, plump, and lifted. This is temporary swelling caused by the sterile water used to reconstitute the Sculptra. This water will be completely absorbed by your body over the next 24–48 hours, causing your original lines to temporarily reappear before your natural collagen production kicks in.

Soreness & Swelling

Mild swelling, redness, tenderness, and bruising are expected. Apply a cold compress wrapped in a cloth for 10–15 minutes at a time to soothe the skin.

WEEKS 2–8 AND LONG-TERM

Gradual Results

Sculptra is an investment in your skin's architecture. It does not work overnight. Your body will slowly build a new collagen matrix around the PLLA microparticles over the next 4 to 8 weeks, gradually restoring subtle, youthful volume.

Subsequent Sessions

Asymmetry or slight movement may occur as the product takes effect unevenly across muscle groups. Allow the full 2 weeks to pass before assessing the final result or seeking a minor touch-up.