The Danebury Practice

SCULPTRA AFTERCARE GUIDELINES

Thank you for choosing The Danebury Practice for your Sculptra® treatment.

Sculptra® contains poly-L-lactic acid (PLLA), which works gradually by stimulating your skin's natural collagen production. Unlike a traditional dermal filler, the result is not intended to be immediate and develops progressively over the following weeks and months.

Following your treatment, it is normal to experience some temporary swelling, redness, tenderness or bruising.

Please follow the aftercare guidance below.

Immediately after treatment

- Avoid touching or rubbing the treated areas unnecessarily.
- Keep the skin clean.
- Avoid applying make-up immediately after treatment unless advised otherwise by your practitioner.
- Some swelling or small raised areas may be noticeable immediately after treatment. This is often partly related to the treatment fluid and usually settles over the following days.
- Mild tenderness, redness and bruising are common.

Massage – an important part of your aftercare

Your practitioner may advise you to massage the treated areas following your Sculptra® treatment.

Unless your practitioner has given you different instructions, massage the treated areas for approximately 5 minutes, 5 times a day, for 5 days.

Use clean hands and gentle but firm circular movements.

Your practitioner will demonstrate the appropriate technique before you leave the practice.

Please follow the specific massage instructions provided by your practitioner, as these may be adjusted depending on the treatment area and your individual treatment plan.

For the first 24 hours

Please avoid:

- Strenuous exercise.
- Excessive heat.
- Saunas, steam rooms and hot tubs.
- Very hot baths or showers.
- Swimming.
- Alcohol.
- Prolonged sun exposure.
- Facial treatments, massage or procedures involving pressure over the treated areas, other than the massage specifically advised following your Sculptra® treatment.

Skincare

Keep your skincare routine simple while your skin settles.

You may use:

- A gentle cleanser.
- A bland, hydrating moisturiser.
- Broad-spectrum SPF 30–50.

For the first 24–48 hours, avoid products that may irritate the skin, including retinoids, exfoliating acids, physical scrubs and other strong active ingredients, unless specifically advised otherwise by your practitioner.

What is normal?

You may experience:

- Swelling.
- Redness.
- Tenderness or sensitivity.
- Bruising.
- Mild discomfort.
- Small lumps or areas of firmness.

These reactions are generally temporary and should gradually improve.

The initial fullness following treatment can reduce as the treatment-related fluid is absorbed. The collagen-stimulating effect of Sculptra® develops gradually, so **do not be concerned if you do not see an immediate result**.

Sun and heat exposure

Avoid excessive heat and prolonged direct sunlight while your skin is recovering.

Use a broad-spectrum SPF 30–50 daily and avoid sunbeds.

What should I expect from my results?

Sculptra® works by stimulating your body's own collagen production. Improvements therefore develop progressively rather than immediately.

Your skin may gradually appear **firmer, smoother and more youthful**, with improvements becoming more noticeable over the following weeks and months.

The number of treatment sessions required varies between individuals. Your practitioner will recommend an appropriate treatment plan based on your skin, treatment area and desired outcome.

When should you contact us?

Please contact The Danebury Practice if you have any concerns, particularly if you develop:

- Increasing rather than improving pain or swelling.
- Significant or worsening redness or warmth.
- Increasing tenderness.
- Persistent or worsening lumps or nodules.
- Blistering or significant skin discolouration.
- Signs of infection.
- Any unexpected or worsening symptoms.

Although complications are uncommon, injectable treatments can rarely cause a vascular complication. **If you develop severe or unusual pain, significant or sudden skin colour changes, mottled or pale skin, or any visual disturbance following treatment, please contact the practice immediately and seek urgent medical assessment.**

If you experience a medical emergency, please call **999**.

Your treatment

Treatment date: [DATE]

Treatment area(s): [AREA]

Practitioner: [PRACTITIONER]

Next treatment/review: [DATE]

If you have any questions or concerns following your treatment, please contact us. We are always happy to advise you.

Warm regards,

The Danebury Practice
Private GP & Aesthetic Medicine
Andover, Hampshire