

THE GROVE SPA

& BOUTIQUE

Sculptra® Post-Treatment

Follow this care plan closely in order to see the best results.

Day of Appointment:

- You may experience a mild amount of tenderness or stinging following injection.
- Redness and swelling are normal. Some bruising may also be visible.
- Ice (but avoid firm pressure) for 15 minutes 3 times the day of treatment.
- Avoid strenuous exercise to reduce bruising. You may resume other normal activities/routines immediately.

1-5 Days After:

- You may take Acetaminophen/Tylenol if you experience any mild tenderness/discomfort
- Massage the areas 5 times a day, for 5 minutes each time, for 5 days after treatment. This is crucial to avoid lumps and to be sure particles are absorbed evenly through the tissue.
- You may apply or take Arnica tablets to help decrease the amount of bruising
- Avoid extended UV exposure until any redness/swelling has subsided.



Have a question? Call us at 816-834-9100 or email us at clientservices@thegrovespa.com