

ABBHEY AESTHETICS

860-242-0497

SCULPTRA POST TREATMENT INSTRUCTIONS

For the next week or so, your face may have some bruising and may be tender to the touch.

To achieve the best results, follow these instructions:

- Immediately after the injections, apply ice packs to the face to help keep any swelling down. We suggest 5 minutes on and 5 minutes off for several hours.
- Massage, pressing firmly, along the lines of injection (you want to feel your bones and your teeth). We suggest 5 times a day for 5 minutes at a time for 5 days.
- Arnica Montana can be effective to minimize bruising when used topically as a gel and/or cream or taken orally in tablet form. This can be found over the counter at the local pharmacy or natural supermarket.
- Make an appointment to see Dr. Padilla 6-8 weeks after the initial procedure for a follow-up assessment.
- If you have any questions or concerns please contact our office at **860-242-0497**.