

Radiance

SCULPTRA AESTHETIC HOMECARE INSTRUCTIONS

MASSAGING TO STIMULATE THE SCULPTRA & PREVENT BUMPS:

- Massage treatment areas for the next 5 days, 5 times a day, & for 5 minutes. You need to be firm & vigorous with the massaging. It is better to go longer & more often than it is to short yourself. Lumps and bumps are AVOIDABLE if you follow the massage protocol.
- If we treated an area of your body such as buttocks or above the knees, a foam roller works really well during the massage process. You'll follow the rules of 5 with the above protocol.

Additional Post Care Guidelines:

- The fullness you have after treatment will deplete usually within 24-48 hours and the process of the rebuilding begins after that. Be patient, as it will take several months to achieve the full results.
- **Avoid** the following post treatment:
 - Pets licking your face.
 - Dental work, including cleanings for a minimum of 2 weeks.
 - **Any** vaccines for 2 weeks.
 - Tattoos or microblading for 2 weeks.
 - **If bruising** does occur, please refrain from taking Aspirin, Ibuprofen, or other blood thinning agents until bruising is gone. See below bruising tips.

Post Treatment Bruising Tips:

- **Arnica Montana 6c** - this homeopathic remedy is well known for its ability to minimize post treatment bruising and swelling. After your procedure, you can take the pellets for 5 days or until bruising is gone. Arnica can be purchased at most health food stores and even on Amazon. Alternative options could include topical Arnica cream, Bromelain tablets, or topical Vitamin K cream.
- You may start taking your multi-vitamins/supplements the day after treatment unless you have significant bruising. If you have bruising, please avoid your vitamins until your bruising is gone.
- Peach concealer can help camouflage bruising. We are happy to help with this too.

Immediately report any worsening or persistent symptoms or side effects! If you feel you are having unusual symptoms, we want you to contact us ASAP.

**Call/text: Radiance 608-240-0088 (during business hours)
Taylor Hill, FNP @ 608-575-1750 or Anne Pientka, RN @ 608-513-8699 (after hours)**