

Post-treatment care – Sculptra

Massage Protocol (The 5-5-5 Rule):

Massage the treated area for 5 minutes, 5 times a day, for 5 days following your treatment. This helps distribute the product evenly, supports natural collagen stimulation and prevents development of nodules.

First 24h

Cold Compress Use (*only if needed for swelling, redness or discomfort*):

- Apply a cold pack wrapped in a clean cloth to the treated area.
- Use for about 15 minutes, up to 3 times a day.
- Never apply ice directly to the skin, and avoid applying firm pressure.

Activity Restrictions:

- Avoid strenuous exercise to avoid worsening the swelling.
- Avoid excessive heat (e.g., hot showers, saunas, sun exposure).

Day 2-5

Precautions:

- Stay out of direct sunlight and tanning beds until any redness or swelling has resolved.
- Use SPF 50+ daily as directed by your provider.

Day 5 on

Precautions:

- Avoid laser, IPL, or skin-tightening treatments in the treated area for at least 2-3 weeks.

What to Expect

- Some swelling or mild redness is common and should resolve within a few days.
- Wrinkles may temporarily reappear as the product begins its gradual collagen-stimulating process—this is normal.

Results:

- Visible improvements develop gradually, with noticeable results typically appearing within **1 month after each session**. Maximum results are expected after **6 months**.
- Full results build progressively with each treatment in your series.
- After finishing your series, we recommend maintenance treatment as advised by your doctor.

Sculptra Massage Record

Track your 5-5-5 routine to support optimal results

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
morning 1	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
morning 2	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
noon	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
after-noon	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
night	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Contact us

(630) 400-4194

www.drsaadaesthetics.com

Our locations

13500 Circle Dr., Suite 102,
Orland Park, IL 60462

201 E Ogden Ave Suite 50,
Hinsdale, IL 60521