after care



ASTER AESTHETICS

Sculptra *post-care*

5–5–5 *rule*

With clean hands, massage the treated areas using gentle-to-medium pressure for 5 minutes, 5 times daily, for 5 days. Use moisturizer or arnica gel for slip. **This is the most important thing you will do** at home — it disperses the product evenly, ensuring collagen forms in a smooth layer to prevent nodules.

WHAT TO EXPECT

Mild swelling, tenderness, or redness is normal for a few days. **You will look fuller today than you will in two days.** That early fullness is the fluid the Sculptra is mixed in, and it goes away — it is not your result leaving. Your actual result builds gradually over 3–6 months as your own collagen forms, usually across a series of sessions spaced 4–6 weeks apart, and can last up to about two years.

FIRST 24 HOURS

- Clean pillowcase before bed on the night of treatment.
- Avoid makeup, alcohol, and strenuous exercise.
- Keep the skin clean and avoid unnecessary touching or pressure outside of your instructed massage. Wash your hands before each massage.
- Sanitize your ice roller before each use and apply for 5–10 minutes as needed.
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FIRST WEEK

- Avoid facials, lasers, microneedling, and dental work.
- Limit sun exposure, excessive heat, saunas, and tanning.
- Stay well hydrated — collagen needs water to thrive.

THE MONTHS AHEAD Be Patient

- Your collagen is rebuilding slowly and quietly. Very little will look different in the first few weeks, and that is exactly how this treatment works.
- We will see you at each session in your series and photograph your progress, so you can see the change the mirror hides from you from day to day.

REACH OUT WITH ANY CONCERN

Most of what you feel in the first week is ordinary. If something does not feel right to you, call or text us — there is no question too small.

- Worsening redness or swelling, significant pain, drainage, a spreading rash, or signs of infection such as warmth, discharge, or fever. Small bumps or nodules under the skin. These can appear weeks to months later, are often felt rather than seen, and are very treatable — we would much rather look at one early. Pain that is increasing or out of proportion, skin that turns pale, dusty, or any change in your vision.

Anything that simply worries you, including how your result is coming along. Checking in is never a bother.

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