



RADIESSE / Sculptra Aftercare

Collagen stimulated. Volume restored. Results that build.

✓ DO:

- 🧴 Sculptra: Massage 5 min, 5x/day, for 5 full days — critical!
- Apply cold compresses to reduce swelling & bruising ❄️
- Stay well hydrated 💧 — collagen production needs water
- Sleep with head elevated the first night 🛏️
- Wear SPF 30+ daily on treated facial areas ☀️

🚫 AVOID for 24-48 Hours:

- Touching or pressing treated areas (unless doing Sculptra massage) 🚫
- Strenuous exercise 🏃, saunas 🧖, or hot tubs 🛀
- Alcohol 🍷 and blood-thinning supplements
- Makeup on treated areas for at least 12 hours 💄
- Dental procedures within 2 weeks 🦷

🔬 RADIESSE vs. Sculptra:

- 💉 RADIESSE: Immediate volume + collagen stimulation. Lasts 12-18 months.
- ✨ Sculptra: No immediate volume — builds gradually over 3-6 months.
- 📅 Sculptra results last 2+ years with a series of 2-3 treatments.
- 🔄 Both stimulate YOUR collagen for natural-looking results!

🧴 Sculptra Massage Guide:

- 🧼 Use clean hands to firmly massage the treated area
- ⌚ 5 minutes of massage, 5 times per day, for 5 days
- 📱 Set 5 phone reminders throughout the day to remember!
- ✨ This prevents lumps and ensures even collagen distribution

⌚ What to Expect:

- 🔄 Initial volume from filler visible immediately
- 🌊 Swelling & bruising peak at 24-72 hrs, resolve in 1-2 weeks 🌊
- ✨ Sculptra builds gradually — patience is rewarded!
- 📅 Follow-up sessions typically spaced 6-8 weeks apart

⚠️ Call Us If You Notice:

- Hard nodules, skin blanching, or signs of infection
- Severe or worsening pain or unusual skin changes

✨ **Why Sculptra is unique:** Unlike traditional fillers, Sculptra doesn't add volume directly — it signals your own body to produce new collagen. This means results look incredibly natural and build subtly over months. The 5-5-5 massage rule is non-negotiable: it's what prevents uneven results and ensures your collagen stimulates evenly!

📞 (347) 514-9311

Questions? We're always here for you 💕

LovMedSpa
Defining Timeless Beauty