

A close-up photograph of a woman's face, focusing on her eyes and lips. She has teal-colored eye makeup on her upper eyelids. The word "FACE" is overlaid in large, white, sans-serif capital letters. The "F" and "A" are on the top line, and the "C" and "E" are on the bottom line. The "C" is positioned over the bridge of her nose, and the "E" is positioned over her cheek.

FACE

youareface.com

Sculptra

AFTERCARE

Must Do:

- Keep the treatment area clean for 24 hours.
- Stay hydrated by drinking plenty of water for 48 hours before and after treatment.
- Gently massage the treated area five times daily for five minutes over five days using your clean fingers and a moisturizer or Arnica cream.

Avoid:

- Applying makeup or products to the treatment area for at least 12 hours.
- Engaging in strenuous activity for 24 hours.
- Consuming alcohol and avoiding extensive sun exposure or heat or 24 hours.
- Sleeping on the treated area for 72 hours.
- Highly processed foods 72 hours before and after the appointment.
- Tretinoin, retinol, retinoids, glycolic acid, peels, or skin-sensitizing products for one week.

Reminders:

- Contact the office immediately with any questions or concerns.
- Optional: Use cold compresses and take Arnica Montana and Bromelain as required to reduce swelling and bruising.

Visit [youareface.com](https://www.youareface.com) for more information.