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Otolaryngology  
Head And Neck Surgery  
Facial Plastic Surgery  
Allergy, Asthma, Immunology

### **Sculptra® Post-injection instructions**

1. Massage the treated areas 3 times a day for 3 days and then once a day for the next 30 days after treatment.
2. Avoid bending forward for 4 hours after treatment.
3. Do not exercise or perform yoga for 24 hours.
4. Use ice packs for 24 hours on treated areas.
5. You may take Arnica (Arnica Montana) tablets if there is any bruising in the site of injections, or if you are prone to bruising.
6. Call the office if you have any questions.