



**JENNIFER W. PENNOYER, M.D.**  
Medical & Surgical Dermatology  
Laser & Cosmetic Skin Care

## **SCULPTRA After Care**

For the next week or so your face will have some bruising and be tender to the touch.

To achieve the best results follow these instructions:

- Immediately after the injections, apply ice packs to the face to keep the swelling down. (20 min. on and 20 min. off for several hours.)
- Massage, pressing firmly, along the lines of injections (*you want to feel the bones and the teeth*) at least twice a day for 5 – 7 days. This is much more comfortable done in the shower with soap on fingers. When not in the shower, apply a moisturizing cream to fingers before massaging. (REMEMBER---YOU CANNOT MASSAGE TOO OFTEN—YOU MAY MASSAGE SEVERAL TIMES A DAY IF YOU HAVE THE OPPORTUNITY)
- You may cover any bruises with makeup.
- Make an appointment to see Dr. Pennoyer 8 weeks after the initial procedure for follow-up and assessment.
- If you have any questions or concerns please call us at 860-243-3020

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