

Collagen Stimulator Injections: Pre & Post Care

Before Your Treatment

- Avoid alcohol for 24 hours.
- Avoid blood-thinning medications and supplements (if approved by your healthcare provider) for 3–7 days to help reduce bruising.
- Arrive with clean skin free of makeup.
- Stay well hydrated.

After Your Treatment

- Avoid strenuous exercise, excessive heat, and alcohol for 24 hours.
- Do not massage the treated area unless instructed by your provider.
- Apply a cool compress if needed to reduce swelling.
- Mild swelling, tenderness, and bruising are normal.
- Follow all provider-specific instructions. For Sculptra®, massage the treated area as directed (often the 5-5-5 rule: 5 minutes, 5 times a day, for 5 days).
- Results develop gradually over several weeks to months as your body produces new collagen.