



Biostimulator Treatment Post-Care Instructions:

(After Sculptra®, Radiesse®, Bellafill®, or similar collagen-stimulating injectables)

Biostimulator treatments work by stimulating your body's natural collagen production over time. Proper aftercare is essential to ensure even distribution of the product and minimize side effects.

Immediately After Treatment:

- Mild redness, swelling, tenderness, bruising, or a sensation of fullness at the injection sites is normal and should subside within a few days.
- You may feel small lumps or bumps under the skin initially—this is expected and will smooth out with massage and as the product integrates.

Massage Protocol: "5-5-5 Rule"

To ensure even distribution and prevent nodules:

- Massage the treated areas for 5 minutes, 5 times a day, for 5 days.
- Use firm but gentle pressure with clean hands and a moisturizing lotion or serum.
- Continue massaging any small bumps until they resolve.

First 24 Hours:

- Apply cold compresses (10-15 minutes at a time) as needed to reduce swelling and discomfort.
- Avoid wearing makeup on the treated areas for at least 24 hours.
- Avoid strenuous exercise, heavy lifting, or activities that increase facial flushing.
- Stay upright and avoid laying face-down for prolonged periods.

First 48-72 Hours:

- Continue to avoid alcohol consumption, as it may worsen swelling and bruising.
- Refrain from facials, facial massages (other than the directed post-care massage), chemical peels, or laser treatments in the treated area.
- Be gentle when washing your face—avoid scrubbing.

First Week:

- Expect swelling and bruising to improve significantly.
- Continue sun protection (SPF 30+), and avoid excessive heat exposure (saunas, hot tubs).
- Maintain good hydration to support collagen production.

Results Timeline:

- Improvement will develop gradually over 4-12 weeks as collagen builds.
- Full results are typically seen after a series of treatments, spaced 4-6 weeks apart.
- Your provider will recommend the appropriate number of sessions based on your treatment goals.

Contact the Office If You Experience:

- Significant pain or skin discoloration (dusky, white, or mottled appearance).
- Signs of infection (fever, heat, redness, pus).
- Nodules that persist after massage beyond 2-3 weeks.