DR EYAS MEDANAT

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GUIDES · COLLAGEN RENEWAL (SCULPTRA)

Sculptra

Sculptra is an injectable that makes your skin build its own collagen. It does not fill straight away: volume and firmness come gradually over the following weeks, usually after a course of 2–3 sessions.



1 At a glance

PROCEDURE TIME	ANAESTHESIA	BACK TO WORK
30–45 minutes	Numbing cream; the product is mixed with a local anaesthetic	Straight away

EXERCISE	RESULTS	HOW LONG IT LASTS
After 24–48 hours	Gradual, from 4–6 weeks; best at 3–6 months	Up to 2 years

2 Before your treatment

Specific to this procedure

- Tell us if you are pregnant or breastfeeding, have an autoimmune condition, a skin infection or a cold sore, or take blood thinners.
- Avoid aspirin, anti-inflammatory painkillers, fish oil and vitamin E for 7 days, and alcohol for 24–48 hours — unless a doctor prescribed them.
- Arrive without make-up on the treatment area.
- Avoid dental treatment for 2 weeks before and after.

3 After your treatment

The 5-5-5 rule

- Massage the treated area 5 times a day, for 5 minutes each time, for 5 days.
- Use clean hands and a little moisturiser, with firm circular movements over the whole treated area.
- The massage spreads the product evenly and helps prevent small lumps — please do not skip it.

First 24–48 hours

- No make-up for 12 hours.
- No exercise, sauna, steam or alcohol for 24–48 hours.
- A cool pack wrapped in cloth, 10 minutes at a time, helps swelling.

The next 2 weeks

- Avoid strong sun and sunbeds; use SPF 50.
- Avoid laser, radiofrequency and deep facial treatments on the area.
- The fullness you see on the first day is water and fades in 2–3 days — this is normal; the real result builds later.

4 Your recovery, week by week

Day 1–3
Swelling and tenderness; the early fullness fades.

Day 1–5
Massage 5 times a day for 5 minutes.

Weeks 4–6
Collagen starts to build; the next session if planned.

Months 3–6
Full result.

Call us straight away if you notice

⚠ A hard, red, hot or painful lump that appears days or weeks later.

⚠ Skin that turns white, grey or blotchy, or pain that keeps getting worse after treatment — call us immediately.

⚠ Increasing redness, heat, swelling or pain after the first 2–3 days, pus, or a fever.

⚠ Anything you are worried about — send us a photo on WhatsApp and we will advise you.

⊕ **Chest pain, difficulty breathing, or heavy bleeding that will not stop: call 998 (ambulance) or go to the nearest emergency department, then let us know.**

Questions while you recover — Message or call the clinic any time — no question is too small, and it is always better to ask early. **+971 50 108 8378** (WhatsApp) · info@eyas.doctor

This guide gives general advice. Dr. Eyas may give you instructions made just for you — at your consultation or when you go home after surgery. If his instructions are different from this guide, follow his instructions. If you are not sure, message us. Last reviewed: November 2026.