

## Radiesse Pre & Post Care

Radiesse is a versatile biostimulator-filler. We use it for creating structure and support in the temples, cheeks and jawline. We can also use it to stimulate collagen anywhere on the skin (face, neck, body).

### Pre-Treatment Instructions:

- We like to avoid radiesse within two weeks of your receiving vaccines or elective dental treatment.
- We avoid injecting radiesse when women are pregnant or breastfeeding.
- To minimize bruising, we suggest that you avoid blood-thinning medications and supplements for one week prior to your appointment. This includes:
  - Aspirin and ibuprofen (Tylenol is okay!). Please note: for those that take aspirin due to doctor's orders, please continue the medication.
  - Green tea, garlic, ginkgo biloba, Vit E, omega 3
  - Alcohol (sorry!)
- Let us know if you have a history of cold sores around the mouth (herpes) to receive advice on antiviral therapy prior to your procedure date. (Valtrex 500 mg BID, 5 days, start 2 days prior to treatment).
- If possible, come to your appointment without makeup. Do apply your sunscreen.

### Post-Treatment Instructions:

- We are neurotic about cleaning your skin during the procedure. Afterwards, you still have tiny holes from the needle entry. For this reason, we ask you to avoid applying makeup after your procedure. You can apply the following day. Also, sanitize your phone before resting it against your face.
- A bit of tenderness is common after treatment. You may take Tylenol (up to 1 gram every six hours) for discomfort.
- To reduce the risk of bruising after your procedure, avoid getting overheated (strenuous exercise, sauna, hot tub) for 2-3 days. Continue to avoid aspirin, ibuprofen, alcohol and blood-thinning supplements for a few days after treatment.
- If you develop a bruise, we recommend arnica (oral or topical). We also offer complimentary bruise treatments at our 2920 office with our wonderful aestheticians.
- Radiesse particularly tends to **swell** – do not be alarmed. We promise swelling will go down in 2-3 days for swelling to go down. A cool compress for 15 minutes each hour after treatment feels good and helps reduce swelling. Also, try sleeping with your head elevated and avoid excess salt. Some patients also find Benadryl helpful.
- When swelling goes down, if you notice a **bump or a lump**, please call us so we can smooth it out. These lumps are easy to smooth in the first several days, but can be much more challenging as time passes.
- When using radiesse for collagen stimulation, we will ask you to massage the areas 2x/day for 2 minutes each time, for 2 days.

- If you have mottling of the skin or increasing discomfort, this could be an emergency. During office hours, please call or text us so that we can evaluate. If after hours, please call 281-404-5454 and listen to the prompt to get in touch with us after hours.
- Return at two weeks so we can see how you are doing and make adjustments as necessary.

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