

# NATURALLY BEAUTIFUL AESTHETICS



## Radiesse® Pre & Post Care Instructions

### *Before Your Radiesse® Appointment*

Preparing properly before your treatment helps minimize bruising, swelling, and ensures the best possible outcome.

### **7 Days Before Treatment**

(Only discontinue medications or supplements with approval from your prescribing physician.)

Avoid the following if medically appropriate:

- Aspirin
- Ibuprofen (Advil®, Motrin®)
- Naproxen (Aleve®)
- Fish Oil/Omega-3 supplements
- Vitamin E
- Garlic supplements
- Ginkgo Biloba
- Ginseng
- St. John's Wort
- Turmeric supplements
- Other blood-thinning supplements

These products may increase your risk of bruising.

### **3 Days Before Treatment**

- Increase your water intake and stay well hydrated.
- Avoid waxing, threading, bleaching, or using depilatory creams on the treatment area.
- Avoid aggressive facial treatments including:
  - Chemical peels
  - Microdermabrasion
  - Laser treatments
  - RF Microneedling
  - Traditional Microneedling

- Dermaplaning

## **24 Hours Before Treatment**

Avoid:

- Alcohol
- Excessive caffeine
- Strenuous exercise
- Smoking if possible (may slow healing)

These can increase swelling and bruising.

## **Day of Your Appointment**

- Eat a light meal before your appointment.
- Drink plenty of water.
- Arrive with clean skin free of makeup whenever possible.
- Inform your provider if you:
  - Have an active cold sore
  - Have any skin infection, rash, or acne breakout in the treatment area
  - Recently received vaccines
  - Started new medications
  - Are pregnant or breastfeeding
  - Have a history of allergies or previous filler complications

## ***After Your Radiesse® Treatment***

Some redness, swelling, tenderness, firmness, and bruising are completely normal and typically improve within several days.

## **First 6–8 Hours**

- Do not touch, rub, or massage the treated areas unless instructed by your provider.
- Avoid applying makeup if possible.
- Keep the treatment area clean.

## **First 24 Hours**

Avoid:

- Strenuous exercise
- Heavy lifting
- Excessive sweating
- Alcohol
- Smoking if possible
- Hot showers

- Hot tubs
- Saunas
- Steam rooms

Heat increases blood flow and may worsen swelling.

Apply a cool compress for 10–15 minutes at a time if needed. Never apply ice directly to the skin.

Sleep with your head elevated on two pillows the first night to minimize swelling.

## **First 48 Hours**

Continue to avoid:

- Facial massages
- Facial treatments
- Excessive sun exposure
- Tanning beds
- Extreme heat or cold

Stay hydrated by drinking plenty of water.

Continue your normal skincare routine unless otherwise instructed, avoiding aggressive exfoliants if the treatment area feels tender.

## **First Week**

Avoid:

- Chemical peels
- Microneedling
- RF Microneedling
- Laser treatments
- Facial massages
- Aggressive exfoliation

Bruising can take up to two weeks to completely resolve.

If bruising occurs:

- Arnica gel or tablets may help reduce bruising.
- Bromelain supplements may help decrease swelling if approved by your healthcare provider.

## **What to Expect**

### *Immediately After Treatment*

You will notice immediate improvement in facial volume and contour.

### *During the Next 4–12 Weeks*

Radiesse continues stimulating your body's natural collagen production, meaning your results will continue improving over the following weeks.

The treated area may initially feel slightly firm. This is completely normal and softens as the product integrates into the surrounding tissue.

## **Results**

Most patients enjoy results lasting approximately **12–18 months**, depending on:

- Treatment area
- Individual metabolism
- Lifestyle
- Amount of product used

## **Contact Our Office Immediately If You Experience**

Although uncommon, please contact Naturally Beautiful Aesthetics immediately if you notice:

- Severe or increasing pain
- Skin turning white, gray, purple, or dark
- Blistering
- Excessive swelling after 48 hours
- Fever
- Drainage or signs of infection
- Vision changes
- Difficulty speaking
- Any unusual symptoms or concerns

### Tips for Long-Lasting Results

- Stay well hydrated.
- Wear SPF 30+ daily.
- Maintain a consistent medical-grade skincare routine.
- Avoid smoking.
- Maintain a healthy lifestyle.
- Schedule maintenance treatments as recommended by your provider.