



Radiesse® Treatment Instructions

Calcium Hydroxylapatite (CaHA) Dermal Filler for Volume Restoration and Collagen Stimulation

Before Treatment

1. One Week Prior:

- Avoid **blood-thinning medications and supplements** such as aspirin, ibuprofen (Advil, Motrin), naproxen (Aleve), fish oil, vitamin E, ginkgo biloba, St. John's Wort, and garlic supplements — unless prescribed by your physician. These can increase bruising and bleeding.
- Avoid **alcohol** for at least 48 hours prior to treatment.
- Refrain from **dental work, vaccines, or major medical procedures** for two weeks before or after your appointment.
- If you are prone to **cold sores**, notify your provider — you may need an **antiviral medication** (such as Valtrex) prior to your procedure.
- Do not schedule if you have an **active skin infection, rash, cold sore, or acne breakout** in the treatment area.

2. 24–48 Hours Before:

- Avoid **strenuous exercise, excessive heat exposure, and alcohol**.
- Stay **well hydrated** and eat a balanced meal before your appointment.
- Discontinue use of **retinoids, glycolic acid, and exfoliating products** on the treatment area.

3. Day of Treatment:

- Arrive with **clean, makeup-free skin** — no lotion, sunscreen, or cosmetics.
- Inform your injector of any **recent illnesses, medications, or facial treatments**.
- Plan your schedule to allow for possible **redness, swelling, or bruising** for several days following treatment.

After Treatment

1. Immediately After:

- Expect mild **redness, swelling, tenderness, or bruising** at the injection sites. These effects typically resolve within 3–7 days.
- A **firm feeling or small bumps** may be present under the skin — this is normal and should soften over 1–2 weeks.
- Apply a **cool compress** wrapped in a clean cloth for 10–15 minutes at a time to reduce swelling.
- Avoid **touching, pressing, or massaging** the treated area unless instructed by your provider.

2. First 24–48 Hours:

- Avoid **strenuous exercise, alcohol, and excessive heat exposure** (hot tubs, saunas, tanning, or direct sun).
- Do not apply **makeup or skincare products** for at least 12–24 hours.
- Sleep on your **back with your head elevated** the first night to minimize swelling.
- Use a **gentle cleanser and moisturizer** — avoid harsh or active ingredients.

3. First Week:

- Avoid **facials, chemical peels, laser treatments, or microneedling** for at least 10–14 days post-procedure.
- Continue gentle cleansing and moisturizing.
- If bruising occurs, **Arnica** supplements or topical **Arnica gel** may help minimize discoloration.
- Use **broad-spectrum SPF 30+ sunscreen** daily to protect treated skin.

4. Results Timeline:

- Initial results are often visible immediately, though some swelling may temporarily distort appearance.
- Radiesse® stimulates collagen production, so **progressive improvement** in skin quality and firmness occurs over **4–12 weeks**.
- Results typically last **12–18 months**, depending on the treatment area, metabolism, and lifestyle factors.

Special Considerations (Radiesse® vs. Hyperdilute Radiesse®)

If you received **Radiesse® as a volumizing filler**, expect visible lift and structure immediately.

If you received **Hyperdilute Radiesse® for skin tightening**, results develop gradually as new collagen and elastin form.

In both cases:

- Avoid **massaging the area** unless instructed.
- Continue gentle aftercare for best collagen response.
- A **series of 2–3 treatments** (spaced 4–8 weeks apart) may be recommended for optimal rejuvenation.

Maintenance and Long-Term Care

- Stay **hydrated** and maintain a healthy lifestyle to support collagen production.
- **Avoid smoking and excessive sun exposure**, as these accelerate collagen breakdown.
- Continue using **daily sunscreen (SPF 30+)** to protect skin health and prolong results.
- Schedule **touch-up or maintenance treatments** as recommended by your injector, typically every 12–18 months.

Follow-Up

- Your provider may schedule a **follow-up visit 2–4 weeks post-treatment** to evaluate your results.
- Contact your provider immediately if you experience:
 - Severe or increasing pain

- Skin blanching (white or dusky discoloration)
- Signs of infection (fever, drainage, spreading redness)
- Lumps, nodules, or asymmetry persisting beyond 2 weeks