

PRE / POST INSTRUCTIONS For HYPERDILLUTE RADIESSE® (HANDS, DECOLLETE, NECK)

To minimize the risk of possible side effects / complications from injections, please follow these simple guidelines:

PRE-TREATMENT INSTRUCTIONS for Neck Rejuvenation Treatment

- => Avoid wearing makeup in the intended treatment area.
- => DO NOT consume alcoholic beverages at least 5 days prior to your treatment (increases the risk of bruising)
- => Avoid smoking for at least 24 hours prior to the procedure as it affects healing.
- => Avoid anti-inflammatory / blood thinning medications, if possible, for a period of 1 week before treatment ideally.
Medications and supplements such as aspirin, Vit E, ginkgo biloba, ginseng, St. John's Wort, Omega 3/Fish oils, NSAIDs (Advil / ibuprofen / Aleve / Motrin, etc.) have blood thinning effects and can increase the risk of bruising and swelling after injections.
- => Avoid using retinoids, glycolic acid, and exfoliants for 2 days before treatment.
- => You can take Arnica tablets/pellets and/or consume fresh pineapple, 3-5 days prior to appointment as these natural methods are proven to minimize bruising after injectables
- => No dental work at least 2 weeks before or after treatment (theoretical risk of increased infection susceptibility)
- => Reschedule your appointment at least 24hrs in advance if you have a rash, cold sore or open wound in the area being treated. If you have a history of cold sores, please let us know as we can prescribe an anti-viral medication pre-treatment.
- => Be sure to eat and be well hydrated before your procedure. This will decrease the chances of becoming light-headed during your treatment.
- => You are NOT a candidate if you are pregnant or breastfeeding.
- => Allow a two-week window before or after any vaccinations (COVID vaccine included)
- => PLEASE allow a two-week window between your treatment and any special events and travel.

NECK TREATMENT POST CARE

- => Swelling and bruising are likely to occur and is considered normal after this treatment. This will subside within a few days. If you experience any abnormal bruising, skin discolouration, or pain, please contact the Clinic immediately.
- => Swelling Management: Radiesse may cause moderate swelling, which can last 2-3 days. Use a cool compress as needed and consider an antihistamine (e.g. Benadryl, Reactine) as recommended. You can also take Tylenol as needed. Avoid medications like Advil (ibuprofen), Aleve, Motrin as these can increase/worsen bruising.
- => Continue taking Arnicare for a few days if you experience bruising.
- => Avoid makeup application for 24 hours and wash the treated area gently without applying too much pressure.
- => Do not touch, massage, or apply pressure to the treated areas for the first 24 hours. After this time, you should gently massage the treated area twice daily for 3-5 days.
- => Avoid extensive sun or heat for 72 hours. Wear mineral sunscreen to avoid creating skin discolouration.
- => Refrain from strenuous exercise, saunas, and exposure to intense heat for 24-48 hours to minimize swelling.
- => Avoid putting direct pressure on the treated area in the first 3-5 days.
- => Try sleeping face up and slightly elevated if you experience any swelling.
- => Mild firmness in treated areas is normal and should resolve in 1-2 weeks as the product integrates.

EXPECTED RESULTS AND LIMITATIONS

- => Gradual Improvement: Noticeable improvements are progressive, as collagen stimulation occurs over several weeks.
- => Natural Lift: Results provide a subtle, natural-looking enhancement of treated areas without visible “bulk.”
- => Duration: A series of 2-3 treatments is recommended 4-6 weeks apart. Results typically last 12-18 months, with maintenance treatments recommended annually or as advised by your provider.

Individual results may vary based on skin type, age, and lifestyle factors.

If you have any further questions or concerns, please call/text us at 705-522-2252 or email np@lipsnlines.ca

