



Jen Aesthetics
Medical

RADIESSE®

Neat, Diluted & Hyperdiluted

PATIENT INFORMATION & AFTERCARE

PLEASE READ BEFORE YOUR TREATMENT

This guide explains what to expect, important aftercare and when to seek advice. Please keep it for reference after your appointment.

Safe • Evidence-based • Patient-centred

Thank you for choosing Jen Aesthetics Medical

This information is designed to help you understand your RADIESSE® treatment, what you can realistically expect, how the treatment works, possible side effects and complications, and how to care for yourself following treatment.

Please read this information carefully and keep it for your reference.

What is RADIESSE®?

RADIESSE® is an injectable treatment containing calcium hydroxylapatite (CaHA), a mineral-like substance that is also naturally found in the body.

Unlike traditional hyaluronic acid dermal fillers, RADIESSE® is a biostimulatory injectable. It can provide structural support while also stimulating the body's natural processes involved in collagen production.

Over time, the product is gradually broken down and the body's natural tissue response contributes to improvements in skin quality and tissue support.

This means RADIESSE® can provide an immediate effect depending on how it is used, alongside longer-term improvements that develop as your body's natural collagen response takes place.

RADIESSE® can be used in different ways

At Jen Aesthetics Medical, RADIESSE® may be used as:

Neat RADIESSE®

When used neat, RADIESSE® can provide structural support and contouring.

Depending on your individual anatomy, it may be used to improve:

- Facial contour
- Cheek support
- Jawline definition
- Lower-face structure
- Areas of age-related volume loss

The treatment plan will depend on your individual anatomy and the area being treated.

Diluted or hyperdiluted RADIESSE®

When RADIESSE® is diluted or hyperdiluted, it is generally used with a greater focus on biostimulation and improvement in skin quality rather than creating significant additional volume.

It may be considered for areas such as:

- Face
- Neck
- Décolletage
- Areas of crepey or lax skin
- Skin requiring improved firmness and quality

The dilution and treatment approach will be individually selected according to the area being treated, your skin quality and your desired outcome.

How does RADIESSE® work?

RADIESSE® works differently from a traditional hyaluronic acid filler.

The calcium hydroxylapatite microspheres provide a biostimulatory framework within the tissue and stimulate the body's natural collagen-producing processes.

This is why RADIESSE® is often considered a treatment for skin quality and structural support rather than simply adding volume.

When used diluted or hyperdiluted, the emphasis is generally on improving skin quality, firmness and elasticity rather than creating significant volume.

Your consultation

Before treatment, I will assess your face, skin quality, tissue laxity, facial structure and the areas you would like to improve.

We will discuss:

- Your concerns and treatment goals
- Your medical history
- Previous aesthetic treatments
- Any medication you take
- Allergies
- Previous reactions to injectable treatments
- Your expectations
- The benefits and limitations of RADIESSE®
- Whether neat, diluted or hyperdiluted treatment is appropriate
- Potential risks and complications
- Alternative treatment options

Your treatment will be individually planned.

There is no standard amount or dilution that is appropriate for everyone.

Your treatment

The treatment area will be cleansed and prepared appropriately.

Depending on the area and technique, RADIESSE® may be administered using a needle, cannula or a combination of techniques.

Topical anaesthetic may be used where appropriate.

You may experience:

- Pinching
- Stinging
- Pressure
- Tenderness
- A pulling or tugging sensation when a cannula is used

Treatment time varies depending on the areas being treated.

When will I see the result?

This depends on whether RADIESSE® has been used neat or diluted/hyperdiluted.

Neat RADIESSE®

When used for structural support or contouring, some improvement may be visible immediately following treatment.

However, swelling can temporarily make the treated area appear fuller or different from the final result.

Diluted or hyperdiluted RADIESSE®

When used primarily for biostimulation and skin quality, the result is more gradual.

The aim is to stimulate your own collagen production, so improvements develop progressively rather than appearing immediately.

You may notice improvements in:

- Skin firmness
- Skin texture
- Skin quality
- Elasticity
- Overall skin appearance

These changes develop gradually over time.

How long will RADIESSE® last?

RADIESSE® is not a permanent treatment.

The longevity of results varies between individuals and depends on the treatment area, treatment approach and your individual response.

Neat RADIESSE®

When used for structural support and contouring, a course of more than one treatment may be recommended depending on your individual needs and the degree of volume loss or tissue laxity.

Results can commonly last approximately 12–18 months and sometimes longer, although this varies between individuals.

Diluted or hyperdiluted RADIESSE®

When used primarily for skin quality and biostimulation, more than one treatment may be recommended depending on the degree of skin laxity and your treatment goals.

Improvements are generally gradual, with more noticeable results developing over approximately 3–6 months as collagen production takes place.

Results may last approximately 12–18 months or longer, although individual results vary.

These timeframes are a guide only and results cannot be guaranteed.

Factors that can influence longevity include:

- Treatment area
- Whether the product was used neat, diluted or hyperdiluted
- Treatment plan
- Age
- Skin quality
- Lifestyle
- Metabolism
- Degree of ageing and tissue laxity
- Individual response

Some patients may require a course of treatments or maintenance treatments to achieve or maintain their desired result.

I will discuss your individual treatment plan with you and will not recommend additional treatment simply because it is available.

Your result – an important reminder

Every face and every skin type is different.

Your age, anatomy, skin quality, degree of laxity, lifestyle and individual response to biostimulation can all influence your result.

Although I will always aim to achieve the best possible outcome based on your individual anatomy and treatment goals, results cannot be guaranteed.

RADIESSE® is designed to work with your own tissues and improve the quality and structure of the skin. It does not stop the natural ageing process.

The aim is to create a refreshed, natural improvement rather than an artificial or over-treated appearance.

What can I expect immediately afterwards?

It is normal to experience some degree of:

- Swelling
- Redness
- Tenderness
- Bruising
- Mild discomfort
- Sensitivity
- Pin-prick marks
- Temporary unevenness
- Firmness
- A feeling of tightness

These reactions are usually temporary.

Swelling can sometimes be more noticeable the following morning before gradually improving.

The degree of swelling and bruising varies between patients and can vary between treatment sessions.

Aftercare

For the first 12 hours

Avoid applying make-up where possible.

Avoid unnecessary touching of the treated areas.

Keep the treated areas clean.

Do not massage or manipulate the treated areas unless specifically instructed.

Avoid unnecessary pressure on the treated areas.

For the first 24–48 hours

Avoid strenuous exercise until significant swelling has settled.

Avoid excessive heat, including saunas and steam rooms.

Avoid sunbeds and significant sun exposure.

Avoid facial massage and other facial treatments.

Avoid excessive alcohol consumption.

Avoid unnecessary pressure on the treated areas.

Avoid swimming until the initial swelling and redness have settled.

If swelling is uncomfortable, a cool compress may be used gently.

Do not apply ice directly to the skin.

Lumps, firmness and unevenness

Following RADIESSE®, you may temporarily feel areas of firmness or small lumps.

These can occur because of:

- Normal post-treatment swelling
- The product within the tissue
- Local inflammation
- Differences in how individual tissues respond
- Temporary uneven swelling

Do not massage or manipulate the area unless I specifically advise you to do so.

Persistent nodules or lumps can occasionally occur and may require assessment.

If you develop a persistent or concerning lump, please contact me so that the area can be assessed.

A face-to-face assessment may be required.

An important difference from hyaluronic acid filler

RADIESSE® is not a hyaluronic acid filler.

It therefore cannot be dissolved with hyaluronidase in the same way that a hyaluronic acid dermal filler can.

This is an important consideration when deciding whether RADIESSE® is appropriate for you.

For this reason, treatment planning, anatomical assessment and conservative product placement are particularly important.

Possible complications

All medical treatments carry risks.

Most reactions following RADIESSE® are temporary, but complications can occur.

Common or expected effects

These include:

- Swelling
- Redness
- Bruising
- Tenderness
- Sensitivity

- Mild pain
- Itching
- Temporary firmness
- Temporary unevenness

Less common complications

These may include:

- Persistent swelling
- Persistent lumps or nodules
- Asymmetry
- Over-correction
- Under-correction
- Infection
- Delayed inflammatory reactions
- Changes in skin texture
- Prolonged tenderness

Delayed inflammatory reactions can sometimes occur following illness, infection, vaccination or dental procedures.

If you develop a new lump, swelling or other unexpected change following treatment, please contact me for assessment.

RARE BUT SERIOUS COMPLICATION – VASCULAR OCCLUSION

A vascular occlusion is a rare but serious complication that can occur when blood flow through a blood vessel is compromised following an injectable treatment.

If not recognised and managed promptly, it can result in tissue damage, scarring and, in severe cases, tissue loss.

Possible warning signs include:

- Severe or increasing pain
- Significant or unusual pain compared with what would normally be expected
- Pale, white or mottled skin
- Unusual darkening or dusky/grey skin colour
- Changes in skin temperature
- Abnormal or delayed capillary refill
- A significant change in the appearance of the treated area

RADIESSE® cannot be dissolved with hyaluronidase, which means management of a vascular complication involving RADIESSE® is different from a vascular complication involving a hyaluronic acid filler.

If you experience symptoms that could indicate a vascular complication, contact me immediately using the emergency contact process below.

WHEN SHOULD YOU CONTACT YOUR PRACTITIONER?

Please contact Jen Aesthetics Medical if you develop an unexpected or concerning reaction following treatment.

You should contact me promptly if you experience:

- Significant or worsening pain
- Significant or worsening swelling
- Increasing redness or heat, particularly if this develops several days after treatment
- Persistent or concerning lumps

- Significant asymmetry
- Skin colour changes
- Pale, white, mottled, dusky or darkening skin
- Delayed or abnormal capillary refill
- Unusual or increasing tenderness
- Signs of infection
- Any symptom that concerns you or feels outside what you have been advised to expect

Please do not simply assume that significant pain, colour change or worsening symptoms are normal post-treatment reactions.

How to contact me about a concern

For any treatment-related concern, please email:

- jenny.stapleton63@gmail.com

Please do not send treatment concerns via Instagram, Facebook, WhatsApp or other social media platforms, as these are not appropriate channels for clinical communication.

To allow me to assess your concern properly, please include:

- Your full name
- The date of your treatment
- The area(s) treated
- Whether RADIESSE® was used neat, diluted or hyperdiluted, if you know
- A clear description of your concern
- Clear photographs of the area
- When the symptoms started
- Whether they are improving, staying the same or worsening
- Any relevant symptoms such as pain, swelling, colour change, heat or tenderness

Photographs can be helpful for an initial assessment, but they cannot always replace a face-to-face clinical examination.

If required, I may ask you to attend the clinic for an assessment.

EMERGENCY SYMPTOMS

If you develop symptoms that may represent a medical emergency, do not wait for a response to your email.

Seek urgent medical attention if you experience:

- Sudden loss or significant change in vision
- Severe or rapidly increasing pain
- Significant skin colour change
- Symptoms of stroke
- Difficulty speaking
- Facial weakness
- Significant weakness or collapse
- Difficulty breathing

Contact emergency services where appropriate.

Your follow-up

A follow-up appointment may be recommended depending on your treatment plan.

For biostimulatory treatments, it is important to understand that the result develops gradually.

At follow-up, we can assess:

- Skin quality
- Firmness
- Tissue support
- Facial balance
- Your response to treatment
- Whether your treatment goals are being achieved

A follow-up does not automatically mean that additional treatment will be required.

Sometimes the best approach is to allow the natural collagen-building process more time.

Further treatment and maintenance

RADIESSE® works with your own tissues and does not permanently stop the ageing process.

Some patients may benefit from a course of treatments or future maintenance depending on their individual goals.

Any further treatment will be discussed with you and based on your clinical assessment.

I will not recommend additional product simply because it is available.

My priority is maintaining facial balance, skin quality and a natural result.

Please tell other healthcare professionals

RADIESSE® contains calcium hydroxylapatite, which is radiopaque and can be visible on X-ray and CT imaging.

If you undergo medical or dental imaging, tell your radiographer, dentist or other healthcare professional that you have had RADIESSE® treatment.

Looking after your skin

RADIESSE® can form part of a wider skin-health plan, but it does not replace good skincare.

For long-term skin health, I recommend:

- Daily broad-spectrum SPF
- Avoiding excessive UV exposure
- Appropriate skincare for your individual skin type
- Maintaining good hydration
- Professional skin assessments where appropriate

Healthy skin can complement your treatment and contribute to a more natural overall result.

A final note from Jen

My approach to RADIESSE® is about improving the quality and structure of your own tissues rather than simply adding volume.

Whether RADIESSE® is used neat, diluted or hyperdiluted, the treatment is individually planned around your anatomy, skin quality and goals.

I don't believe that more product automatically creates a better result.

Sometimes the most appropriate treatment is a structural approach. Sometimes the priority is skin quality and biostimulation. And sometimes I may recommend a completely different treatment or advise waiting.

My priority is always your safety and achieving a result that looks natural and remains appropriate for your face.

Your face and your response to treatment are unique, and although I will always aim to achieve the best possible outcome, results cannot be guaranteed.

If you have a treatment-related concern, please use the email address above and provide the requested information and photographs so that I can assess your concern appropriately.

JEN AESTHETICS MEDICAL

Newtownards

Medical Aesthetics | Skin Health | Natural-Looking Results