

UNVEIL

MEDICAL AESTHETICS
AND WELLNESS

RADIESSE PRE AND POST CARE

PRE-TREATMENT CARE

2 weeks prior to treatment:

- Avoid all vaccines for 2 weeks before and after filler to avoid unwanted swelling or reactions.
- Avoid dental work (inclusive of cleanings) for 2 weeks before and after filler to avoid increased infection risk.

1 week prior to treatment:

- To combat bruising, avoid blood thinning over-the-counter medications such as Aspirin, Advil, Motrin, Ibuprofen and Aleve. Also avoid herbal supplements such as St. John's Wort, Omega-3 capsules, antihistamines, cold and cough remedies or high doses of Vitamin E supplements.

72 hours prior to treatment:

- Discontinue the use of skincare containing tretinoin, retinoids, alpha-hydroxy acids (AHA), beta-hydroxy acids (BHA), benzoyl peroxide, or any exfoliating agents.

24 hours prior to treatment:

- Avoid alcohol, especially red wine as it can increase bruising.
- For patients prone to cold sores, an anti-viral medication must be taken 24 hours prior to treatment.

POST-TREATMENT CARE

What to Expect:

- There can be temporary redness at the injection site. This will usually resolve within 3 days.
- Swelling is common and can last for up to 2 weeks.
- You can apply a cool compress or ice pack for 15 mins each hour to reduce swelling.
- Any lumps should not be massaged in the first 72 hours as this is most likely swelling, and can last up to 2 weeks post injections.

What to Avoid:

- Avoid touching the treated area within 6 hours of your treatment, after which the treatment area can be gently washed with soap and water.
- Until redness and swelling have gone down, avoid exposure to intense heat (sunlamps/sunbathing).
- Avoid alcohol for 24 hours.
- Avoid strenuous exercise for 48 hours, this is to avoid increased swelling/water retention in area of injections.
- Avoid makeup for 24 hours.
- No vaccines or major dental work for a minimum of 2 weeks after your treatment.
- Avoid facials, facial massage, facial cleansing devices for two weeks after treatment.
- Avoid flying in an airplane for at least 72 hrs. The increase in pressure can cause severe swelling and discomfort.
- Avoid extensive sun or heat for 72hrs (sauna, hot tub)

Call the office immediately if you experience the following:

- If lumps are present after 2 weeks
- Have discolored blotches in areas not injected
- Have blanching of injected areas
- Notice the area appears red and/or hot to touch
- Have severe or increasing pain

WE RECOMMEND:

Radiesse Face/Hands every 6-9 months to maintain results, Radiesse Buttocks is 2-3 treatments 6-8 weeks apart, and maintenance every 12-24 months.

QUESTIONS OR CONCERNS?

If you have any questions before or after your appointment, please don't hesitate to reach out:

Email: lisa@unveilaesthetics.com | **Office:** 302-679-2980 | **After-Hours Emergencies:** 302-884-2814