Radiesse Pre and Post Care Instructions

Radiesse is a calcium hydroxylapatite (CaHA) biostimulator and dermal filler used to restore volume and improve skin quality by stimulating collagen and elastin. **Key points to consider prior to scheduling your treatment include:**

- Do not schedule within two weeks of major events or photos, as bruising and swelling are common.
- Avoid scheduling within two weeks before or after routine dental cleanings, dental procedures, or vaccinations when possible.
- If you have a history of cold sores (HSV) near the treatment area, inform your provider in advance. Prophylactic antiviral medication may be recommended.
- If you are actively ill, taking antibiotics, or have a skin infection or cold sore at or near the treatment site, treatment will be postponed.
- Radiesse is not recommended for pregnant or nursing women.

Emergency and Urgent Concerns
If you experience severe or increasing pain, pale or dusky skin color, mottling, blistering, sudden vision changes, severe headache, or symptoms of stroke, seek immediate emergency care by calling 911, then contact URBAN Aesthetics + Wellness. For urgent after-hours concerns, contact our clinical line. For non-urgent questions, contact the clinic during business hours.

PRE-CARE INSTRUCTIONS

Seven Days Before Treatment:

- If approved by your prescribing clinician, consider pausing non-essential blood-thinning supplements that increase bruising risk such as fish oil, omega-3s, garlic, ginkgo, ginseng, vitamin E, turmeric, and high-dose ginger. **Do not stop any prescribed medication without medical guidance.**
- Inform your provider of recent or upcoming vaccines, dental work, or medical/dental procedures.
- Optimize hydration and maintain a balanced diet with adequate protein intake to support collagen production.

Three to Five Days Before Treatment:

- Avoid alcohol and limit caffeine.
- Consider starting arnica montana or bromelain if you tolerate them, as these may help reduce bruising and swelling.
- Avoid tanning, sunburns, and irritating skincare (strong exfoliants, retinoids, or peels) on the treatment area.

Twenty-four Hours Before Treatment:

- Avoid alcohol and vigorous exercise that could increase facial blood flow and bruising.

- Stay well hydrated and get adequate rest.

Day of Treatment

Arrive with clean skin free of makeup, lotion, or SPF on the treatment area. Eat a light meal to reduce the risk of lightheadedness. Bring a list of current medications, allergies, and relevant medical history. Photos will be taken for your confidential medical record.

What to Expect During Treatment

Topical or local anesthetic may be used for comfort. You may feel pressure, a sense of fullness, or mild stinging during injections or cannula placement. Minor pinpoint bleeding and temporary redness are normal.

IMMEDIATE POST-CARE (FIRST 24 HOURS) Swelling, redness, tenderness, and possible bruising are normal and typically improve over several days. Apply a clean, wrapped cold pack intermittently for 10 minutes on and 10 minutes off while awake to reduce swelling. Do not apply ice directly to the skin. Keep the area clean and avoid touching, rubbing, or massaging the treated sites unless instructed otherwise by your provider. Use acetaminophen for discomfort unless contraindicated. Avoid non-steroidal anti-inflammatories (ibuprofen or naproxen) for the first 24 hours unless directed by your clinician, as these can increase bruising. Avoid alcohol, strenuous exercise, saunas, steam rooms, hot yoga, and hot tubs. Sleep with your head slightly elevated the first night to minimize swelling and avoid direct pressure on the treated area.

DAYS 2–7 Swelling and tenderness usually subside within 48-72 hours however will continue to improve. Bruising may become more visible as it resolves. You may resume light exercise after 24 hours if comfortable, but postpone high-impact or inverted activities for 48–72 hours. Avoid facials, face massage, aggressive exfoliation, microdermabrasion, or dermal rolling over treated areas for two weeks. Avoid high-heat or energy-based treatments directly over treated areas for at least two weeks unless directed by your provider. This includes IPL, laser, RF microneedling, ultrasound, and LED heat devices. Makeup can be worn after 24 hours if there are no open entry points; apply gently and keep tools clean. Protect your skin from sun exposure and use a broad-spectrum SPF 30 or higher.

WEEKS 2–12: BIOSTIMULATION PHASE

Radiesse provides immediate structure and gradually stimulates collagen and elastin over time. Improvements in skin quality often evolve for 12 weeks or more. Follow any recommended skincare or collagen-supportive routines provided by your clinician. A follow-up visit is commonly scheduled at two to four weeks to assess your response.

SPECIAL NOTES BY TREATMENT TYPE

Classic Radiesse for contour or structure (cheeks, jawline, chin, hands): Do not massage unless instructed. Gentle icing in the first 24 hours is preferred. Small, firm areas may be felt as product integrates; these typically soften over several weeks.

Hyperdilute Radiesse for skin quality (neck, chest, arms, abdomen, buttocks): Mild swelling, fullness, and temporary texture changes are common. Light, broad strokes with moisturizer may be recommended once or twice daily starting 48–72 hours after treatment if directed by your provider. Plan a series of sessions four to eight weeks apart for best results, followed by maintenance as advised.

EXPECTED AND COMMON FINDINGS

Redness, swelling, tenderness, and bruising are common. Bruising may last 3–10 days. Temporary asymmetry or itching may occur as healing progresses.

LESS COMMON EFFECTS — CONTACT US

If you notice lumps or nodules that persist beyond four - six weeks, persistent redness, warmth, tenderness that worsens, or unevenness that does not settle after swelling resolves, contact the clinic.

RARE BUT SERIOUS — SEEK IMMEDIATE CARE

If you experience severe pain, blanching, dusky or blue skin, coolness, mottled patterning, rapidly increasing swelling, visual changes, severe headache, or neurologic symptoms, call 911 immediately.

SKINCARE AFTER TREATMENT

Cleanse with a gentle, non-foaming cleanser for 48 hours, then return to your normal regimen as tolerated. Resume retinoids, AHAs, and BHAs after 3–5 days if skin is calm and intact. Use a gentle moisturizer and daily SPF.

ACTIVITY AND PROCEDURE TIMELINES

Light activity may resume after 24 hours; vigorous exercise after 48–72 hours if comfortable. Avoid dental work, facials, and massage for two weeks over treated areas. Avoid laser, IPL, RF, or ultrasound directly over treated areas for at least two weeks unless cleared by your provider.

MEDICATIONS AND SUPPLEMENTS Acetaminophen can be used for soreness unless contraindicated. If you take prescribed anticoagulants, do not stop them without medical approval. Avoid high-dose vitamin E, fish oil, and other supplements that increase bruising for 3–5 days after treatment unless medically necessary.

RESULTS AND MAINTENANCE Visible contour effects are immediate with continued improvement in skin quality as collagen forms over time. Typical maintenance depends on the area and goals. Many clients repeat structural Radiesse every 12–18 months and hyperdilute Radiesse series annually or as recommended.

PHOTO POLICY Standardized before-and-after photos are part of your medical record to monitor outcomes and guide future care.

This document provides general guidance and does not replace medical advice from your clinician. Follow the individualized instructions provided to you at your visit.