



Dilute and Hyperdilute Radiesse Pre and Post Care

RADIESSE® (+) is an opaque biocompatible injectable gel made of synthetic calcium hydroxylapatite (CaHA) suspended in a gel carrier that has been proven to be safe and effective for regenerating tissues and improving skin quality when injected in a diluted form under the skin. Radiesse has several FDA approved indications for volumizing the face and hands but has been used off-label for years in a dilute and hyperdilute concentration to regenerate tissues by promoting the synthesis of new collagen and elastin for tighter, more youthful skin.

The results of dilute Radiesse treatments are not immediate. It may appear that the treatment worked immediately because of swelling from the injections and the sterile water used to dilute the Radiesse but a few days following the treatment when the swelling subsides and the water is absorbed by the body, you may look as you did before treatment. Dilute Radiesse treatment takes time (weeks to months) to gradually produce more collagen and elastin.

Depending on the volume of Radiesse injected and the degree to which it is diluted, the effect of a full treatment of dilute Radiesse may last 18 months, but in some cases the duration of the effect may be shorter or longer. Most areas of treatment will require 2-3 sessions, usually at 6 week intervals. Because individual responses to dilute Radiesse treatment may vary, the exact number of treatment sessions required cannot be predicted with complete accuracy. Additionally, in order to maintain the results and continue to combat the naturally occurring aging process, maintenance treatments once per year are needed.

Pre-Treatment Instructions

- **Please arrive with a clean face, neck, and chest** without any make-up or lotions on.
- If you have a history of cold sores or shingles in the treatment area, an antiviral medication (such as Valtrex or Acyclovir) should be taken starting 1 day prior to treatment.
- Please review post-treatment instructions (below) for important information on risks and expectations.
- Radiesse injections should not be performed if you have any of the following:
 - Pregnant or breastfeeding
 - History of anaphylaxis/severe allergic reaction, allergies to multiple medications, allergy to lidocaine



- Active skin inflammation or infection (i.e. acne, cysts, hives, rashes) in or near the treatment area
 - If history of Accutane use, must delay treatment for 6 months from last dose
- History of keloid scarring
- Congenital methemoglobinemia, glucose-6-phosphate dehydrogenase deficiency, anyone receiving treatment with a methemoglobin-inducing agent (such as dapsone or antimalarial drugs)
- Bleeding disorders
- History of collagen vascular diseases including but not limited to
 - Systemic Lupus Erythematosus
 - Rheumatoid Arthritis
 - Polymyositis/Dermatomyositis
 - Progressive Systemic Sclerosis/Scleroderma/CREST syndrome
 - Mixed Connective Tissue Disease
- Current or recent use of systemic immunosuppressive medications including corticosteroids
- Permanent implant in the desired treatment area (i.e. ports, pacemaker batteries)
- Neurotoxin injections in the upper face (frown lines, horizontal forehead lines, crow's feet, and bunny lines) may be performed the same day as dilute Radiesse treatment. Other areas in the lower face and neck should be treated 2 weeks before or after dilute Radiesse.
- The calcium particles of Radiesse are radiopaque so are clearly **visible on CT scans** and may be visible in standard, plain radiography. Please inform your primary care providers and radiologists when imaging of treated body parts is performed.

Post-Treatment Instructions

- The treated sites should be massaged for 2 minutes twice a day for 2 days. When washing your face in the morning and night, bring the cleanser down to the neck and décolleté for massage.
- Potential injection procedure reactions include bruising, redness, swelling, itching, soreness, and infection. These usually only last for a few days, but might last as long as 2 weeks.
 - There is an increased risk of bruising at the injection site if you are taking aspirin or other non-steroidal anti-inflammatory drugs such as ibuprofen. These generally lessen or disappear within a few days but may last for 2



weeks. Unless prescribed by your doctor, it is recommended you avoid these medications for several days after your treatment.

- Avoid makeup for 24 hours post-procedure.
- The day of treatment, or until initial swelling and redness have resolved, avoid strenuous workouts, extensive sun or heat exposure (such as hot tubs or saunas),
- and alcoholic beverages. Exposure to any of these may cause temporary redness, swelling, and/or itching at the injection sites. Ice packs may be applied to reduce swelling.
- Arnica may be applied over bruises to speed healing.
- If an antiviral medication has been prescribed, complete the 5 day course to avoid an outbreak.
- The 3 dilute Radiesse treatment sessions should be completed 6-8 weeks apart.
- Results are gradual and the best results will be visible 90 days after the last treatment.
- Dilute Radiesse treatment results are expected to last 18 months so maintenance treatment sessions should be performed every 12-18 months to maintain results.

Please do not hesitate to contact us with questions or concerns.