

## Radiesse Aftercare Sheet

### What to expect:

- Bruising, redness and swelling are common side effects, and may be uneven. This will improve gradually over a few days up to 2 weeks.
- You may experience some discomfort and tenderness at the treatment area for 2-3 days. Please take over-the-counter pain relief (paracetamol) as necessary for this.
- Small lumps may be present - you can massage the area as instructed by your practitioner

### Post-care Instructions

- Apply cold compress gently to the treated area to reduce swelling and bruising for 20 minutes on, 20 minutes off and ensuring ice/ice packs are covered with a cloth and not coming into direct contact with the skin
- Avoid pressure on the area for 2-3 days - e.g sleeping on face, face-down massages
- Please avoid applying makeup to the treated site for at least 12 hours to reduce the risk of infection. We recommend waiting until the following day to resume applying makeup and preferably mineral makeup
- Avoid strenuous exercise, swimming, hot showers and other high temperature environments for 2-3 days.
- Refrain from spas, saunas, hot yoga, steam rooms for 2 weeks.
- Abstain from excessive alcohol consumption for 48 hours to reduce the risk of bruising.
- Avoid touching the treatment area
- Avoid airplane travel for a minimum of 5 days
- We recommend waiting at least 4 weeks before resuming any facial treatments such as lasers, microneedling, peels etc
- Avoid excessive UV exposure for 14 days post treatment
- Please discuss with your practitioner regarding any other cosmetic injectables within 3 months post treatment
- Sleep on your back slightly elevated for 2-3 days if treated on the face
- Avoid blood thinning medication such as Aspirin & Ibuprofen for 7 days (unless medically necessary)

If you have any concerns regarding your treatments including: pain, heat or surrounding redness at the treatment site please notify the clinic on 0413000228