

# VAN LENNEP KLINIEK



By Cosmetique Totale

## Aftercare collagen stimulation Sculptra/Radiesse

### Directly after treatment with Sculptra or Radiesse

- Smaller or larger swellings may be visible, depending on the treatment.
- The skin might be red. This usually disappears after 30 minutes. Sometimes a bruise is immediately visible. Other times only after a day or several days.
- Both Sculptra and Radiesse contain anesthesia. This causes the treated area to hardly be painful right after the treatment. However, some mimetic muscles can be numb. This can temporarily alter movements of said muscles and a stiff feeling may occur.
- Please avoid the sun and tanning beds. Bruises can turn into hyperpigmentation.
- For the first two days, please do not exercise, visit the sauna or undergo a treatment with a beautician.
- You can see an immediate result because the injected fluids fill the area. This liquid will be fully absorbed by the skin after a few days. The cosmetic result cannot yet be assessed, as there is no collagen formation yet.

### Massage after treatment with Sculptra

If you had a **Radiesse** treatment the following information is not applicable. Massaging after Radiesse treatment is not necessary.

- After a Sculptra treatment you must massage your skin firmly several times a day.
- Massage only the treated area.
- Massage in circular movements, three times a day, for three minutes each time, over the course of three days.
- Please start the massaging sequence approximately 4–6 hours after your treatment.



## 24h to 48h after treatment with Sculptra or Radiesse

- A bruise may still be visible. Protect your skin properly with an SPF 50. Reapply several times a day.
- Please avoid the sun or a sunbed, bruises can potentially turn into hyperpigmentation.
- While washing or massaging the face, the treated area may still feel sensitive or sore.
- Specific aftercare for certain areas:
  - Temporal area: On the day of the treatment, headaches and a feeling of pressure at the temples might occur.
  - Jaw: When opening the jaw wide or when eating hard food, it can be sensitive. Despite not having been treated there. Biting hard into food may be a bit more difficult.
  - Cheeks: Sore feeling in the depths of your cheeks.

If you wish to use pain medication, we advise to take paracetamol.

## The effect after 6 weeks to 3 months

Everyone reacts differently to a collagen stimulation treatment. Therefore, the recovery process can differ individually.

- After a first session, the result slowly starts to show after 4-6 weeks.
- After three months the effect is at its best.
- Depending on the advice and your wishes, a repeat treatment can take place after 4-6 weeks for more results.
- It is possible that you are a *slow responder*. In that case, the effect may become more visible after a repeat treatment.
- The newly stimulated collagen remains for about two to two and a half years. Hence the effect is long lasting.

## Most common side effects with Sculptra or Radiesse

The following symptoms can occur after a collagen stimulation treatment:

- Bruising, swelling, redness, itching and/or discoloration of the skin. In case of bruising and discoloration, try to avoid the sun as much as possible. This can potentially cause hyperpigmentation. In addition, the skin should always be well protected with an SPF 50.
- Asymmetry caused by swelling under the skin and/or in the skin.



## Very rare side effects with Sculptra or Radiesse

It is important to contact us immediately in the event of the following symptoms. Which usually only occur during the first 24 hours.

- Intense pain in the treated area that does not go down or gets worse even after using pain medication.
- Infection of the injection point. You will notice this by local redness, swelling, pain and possibly pus.
- Abnormal swelling, or fever higher than 38,5°C. Contact us immediately.
- In very rare cases, an accumulation of collagen may occur, which may result in a visible lump. This only becomes visible after 6 weeks or sometimes even after 6 months. A collagen lump can easily be dissolved. It is not a permanent side effect.
- The appearance of pimples or blisters after a few days.

## Positive effects of Sculptra and Radiesse

- A collagen stimulation treatment restores firmness in the deepest skin layers and reduces sagging of the skin.
- Skin quality improves and wrinkles will become less deep.
- Repeating the same treatment can prolong the effects of collagen stimulation. That way you will be able to enjoy the results even longer.

A collagen booster can, as it were, stop time and allow everyone to retain their beautiful natural appearance. In combination with skin therapy treatments, professional skincare and/or hyaluronic acid fillers the effect can be even more beautiful and long lasting.

The production of collagen takes time. The positive effect is that there is no visible change from one day to the other. It can take up to six months until results are visible.

## In case of an emergency

If you have any questions about the treatment or about a certain reaction after your treatment, please contact us.

You can easily contact us by phone or e-mail, Monday through Saturday during openings hours. Our exact opening hours can be found on our website.



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