

Hyperdilute Radiesse

Pre-Care

To help ensure the best results and minimize bruising:

- Avoid aspirin, ibuprofen (Advil/Motrin), naproxen (Aleve), fish oil, vitamin E, ginkgo biloba, St. John's Wort, garlic supplements, and other blood-thinning supplements for 5–7 days prior to treatment (unless prescribed by your physician).
- Avoid alcohol for 24 hours before your appointment.
- Arrive with clean skin free of makeup, lotion, or self-tanner in the treatment area.
- Reschedule your appointment if you have an active cold sore, rash, infection, or open wound in the treatment area.
- If you have a history of cold sores and are being treated near the mouth, please notify your provider, as antiviral medication may be recommended.
- Stay well hydrated before your appointment.

Post-Care

Following treatment, it is normal to experience mild redness, swelling, tenderness, bruising, or a feeling of fullness. These effects typically resolve within several days.

For the first 24 hours:

- Avoid strenuous exercise.
- Avoid alcohol.
- Avoid excessive heat, including hot tubs, saunas, steam rooms, and prolonged sun exposure.
- Do not apply makeup to injection sites until the following day if possible.
- Sleep with your head elevated if facial areas were treated.

Massage

Hyperdilute Radiesse is designed to spread evenly through the treated tissue. Your provider may recommend gentle massage depending on the treatment area. Follow your provider's specific instructions regarding massage.