

## Radiesse

### What to expect during and after your procedure

#### During your procedure:

- An assessment will be made by your Physician to determine the amount of product needed.
- Multiple injections will be administered to treated areas.
- Radiesse contains lidocaine; however, some physicians may decide to use a topical numbing agent or local anesthesia injections prior to treatment.
- You may have a very small amount of pinpoint bleeding where the needle was inserted. This usually subsides in a few minutes.

#### After your procedure:

- Do **NOT** manipulate, rub, massage, apply pressure, etc. to treated areas or lay face down after treatment.
- You may use your regular skin care products and make-up.
- You may feel some soreness around treated areas and experience swelling. Ice packs (10 min. on and 10 min. off) may be used to ease tenderness and help minimize swelling. Tylenol 500mg, one or two pills, every 4 to 6 hours as needed as needed for tenderness. Swelling can last 3-7 days.
- You may feel lumps where the filler was injected, which is typically related to swelling and will subside in about 3-7 days.
- You may get a bruise from the injections. If the bruising is dark, unsightly and you are unable to cover with make-up, you can return to our office the following day for treatment with laser. The laser will help to break up the bruise and fade.
- Arnica pills before and/or after the treatment can be taken to decrease the risk of bruising and to help bruising subside faster. We have Arnica available for purchase.
- Additional filler(s) may be necessary to achieve desired results.
- Follow any additional specific post treatment instructions from your Physician.

**Please contact our office if you have any questions or concerns at (858)657-1002.**

Additional notes/instructions:

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Physician: \_\_\_\_\_ Assistant: \_\_\_\_\_ Date: \_\_\_\_\_