Radiesse *Aftercare*

Caring for yourself after Radiesse

Radiesse restores structure right away and stimulates your own collagen over the following months. Mild redness, bruising or swelling right after treatment is common and usually goes away quickly.

What to *expect*

When	What is normal
Right away	Redness, swelling, tenderness or bruising in the treated area.
First few days	Swelling and tenderness fade. The area may feel firm.
1 to 2 weeks	Bruising fades and your contour settles.
Weeks to months	Collagen builds gradually, supporting your results.

For about 24 *hours*

Please do	Please avoid
• Apply a wrapped ice pack for short periods to reduce swelling. • Keep the area clean. • Sleep with your head slightly raised the first night (face treatments). • Tylenol may be used for discomfort if it is appropriate for you.	• Significant movement or massage of the treated area, unless your provider instructs you to massage. • Extensive sun or heat exposure until swelling and redness have resolved. • Strenuous exercise, saunas and hot tubs. • Alcohol.

Hands *treatment*

- Swelling in the hands can make rings feel tight. Remove rings before treatment and wait until swelling settles.
- Use your hands normally for daily tasks, but avoid heavy lifting or gripping for 24 hours.

Call us right away, any time, if you notice skin turning white, gray, blue or blotchy; pain that is severe or getting worse; or any change in vision. These can be signs of a blocked blood vessel and need immediate care. For vision changes, call 911 or go to the emergency room.

When to *call us*

Some redness and swelling right after treatment are normal. Please call DermaGlow at 703-288-3000 if you notice:

- Swelling that keeps increasing after 48 hours
- Hard, painful or red lumps
- **Signs of infection:** warmth, pus or fever
- Any of the urgent warning signs listed above

Call 911 or go to the nearest emergency room right away for trouble breathing, or swelling of the lips, tongue or throat.

Your provider may also share instructions specific to your treatment. If so, please follow those along with this guide. Questions? Call DermaGlow at 703-288-3000.