

Radiesse Neck/Décolletage Wash; What to Expect

- ✓ It is normal to experience some tenderness at the treatment site that can last for a few hours, or at times, a couple of days.
- ✓ It is normal to feel swelling and numbness. Swelling will usually resolve within 7-10 days, but may persist for several weeks. Numbness should resolve within 4-6 weeks.
- ✓ Bruising at the site of injection is a commonly reported side effect. To minimize bruising, inform your provider if you use blood thinners such as ibuprofen, aspirin, or herbal supplements prior to your procedure. You may take OTC Arnica tablets or apply Arnica gel to help minimize bruising. Also, eating pineapple, which contains Bromelain, can help.

Radiesse Neck/Décolletage Wash; Post Treatment Instructions

- ✓ Apply an ice pack or cold compress gently to the injection area for approximately 24 hours, avoiding pressure, after treatment to help reduce swelling. If swelling or redness persists too long, please contact your physician or nurse who injected you.
- ✓ Immediately report any worsening or persistent symptoms or side effects to your physician or nurse who performed the injection.
- ✓ If a palpable nodule (bump) is noted, massage area gently with a skincare product until it softens and not more than 2 x per day.
- ✓ AVOID strenuous exercise or activity for the next 24 hours or at minimum, the remainder of the treatment day.
- ✓ Makeup may be applied 4 hours after treatment ends, if no complications are present. Apply makeup gently, avoiding strenuous rubbing of the injection area. When cleansing the area use gentle sweeping motions.
- ✓ You may take acetaminophen/Tylenol if you experience any mild tenderness or discomfort. Avoid aspirin or ibuprofen products, vitamin E, and fish oil, as they may increase your potential to bruise.
- ✓ AVOID drinking alcohol or any blood thinning products for a minimum of 12 hours, as this may contribute to bruising.
- ✓ AVOID extended UV exposure until any redness has subsided. Apply an SPF 30 or higher sunscreen.
- ✓ Wait a minimum of 2 weeks before receiving any laser treatments and 2 or skincare treatments.
- ✓ **If you experience any pain (NOT tenderness) or change in skin color, at or near the treatment site - call the Practice immediately and speak with your injector; 781-821-0707.**

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