



Pre and Post-Treatment Radiesse Hands

Prior to Treatment

- Avoid any harsh products on the skin such as Retin-A, retinoids, harsh scrubs, exfoliating products, or bleaching creams **2 days** prior to the procedure
- Schedule your appointment **2 weeks** prior to any special event which you may be attending, such as a wedding or vacation, due to bruising and possible swelling
- Avoid any anti-inflammatory or blood thinning medication **10-14 days** prior to treatment. These medications include Aspirin, Vit E, Ginkgo, Ginseng, St. Johns Wart, Fish oil, Ibuprofen, Motrin, Advil, Aleve, and other NSAIDs. These medications can increase the risk of bruising and swelling after injections.
- Do not consume alcohol **24-48hrs** prior to treatment, this will also have a blood thinning effect and increase the risk of bruising
- Consider taking Arnica tablets 1 week prior to treatment to prevent bruising

During and Immediately After Treatment

- RADIESSE is a dermal filler that is injected under the skin on the back of the hands to add volume and make veins and tendons less visible.
- Local numbing medication may be used to maximize your comfort during the procedure. Most patients report mild discomfort typically associated with needle injections. If you feel additional pain or discomfort, you can take Tylenol/Acetaminophen.
- To ensure an even correction the provider will massage the area treated, which may cause a temporary, minimal to moderate amount of redness to your skin.
- 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 preparations such as vitamin E or fish oil prior to your procedure. Avoid wearing jewelry until the swelling of the hands subsides.
- Temporary minimal to moderate swelling can be expected, which should dissipate following injection. Some patients report a dramatic reduction in swelling hours after their treatment. Some bruising and swelling may last up to 2-3 weeks.
- Keep your hands elevated as much as possible. You can apply ice to the hands up to 24 hrs after the treatment to reduce swelling. After 24 hrs you can switch to a warm compress.

- It is normal to feel "firmness" in the area that was treated. Over time the area will soften and settle
- If you are applying ice to the area, make sure to avoid heavy pressure
- Do NOT rub or massage the area of injections. When cleansing the hands make sure to use gentle motions
- Refrain from heavy exercise for 24hrs. Limit exposure to sun or heat for 24hrs

Please call the office if you experience any of the following:

If it is after hours and we cannot be reached, please contact urgent care services, or in the event of an emergency call 911

- If you are uncertain and have questions
- Pain that is not relieved by Tylenol
- Indication of infection (redness, tenderness, pus)
- Significant swelling, dusky discoloration, fever, or difficulty smiling

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