

**Before your Hyperdilute RADIESSE treatment:**

Always have a consultation first to decide if you are a candidate and to decide a plan that is best for you. Please inform us of any medical conditions or allergies. Most patients need 2 sessions depending on their collagen deficit. These sessions are 4-8 weeks apart depending on the provider's recommendation.

Taking blood thinning medications will increase the risk of bruising. If cleared by your primary care provider, please stop taking blood thinning over the counter medications, vitamins and herbal supplements like Aspirin, Advil, Aleve, Motrin, cold and sinus relievers, garlic, ginkgo biloba, ginseng, Vitamin E. We also recommend avoiding heavy alcohol use for 7 days prior to your treatment.

You can purchase Arnica pills available at Whole Foods or other Natural Food stores and start prior to appointment to minimize bruising. Take as directed on packaging.

Please avoid any major dental work for at least 2 weeks before appointment.

**After your Hyperdilute RADIESSE treatment:**

Immediately following the procedure there will be some swelling, initial lumps and bumps, tenderness especially at the injections sites, headaches, and perhaps some bruising that can last up to several days.

Ice will be applied and the areas will be massaged by the staff. You can continue to apply ice packs wrapped in a cloth for 10-15 minutes at a time after leaving the office if desired. Massage areas with recommended cream for 5 minutes 2 times a day for 2 weeks. This is to prevent lumps from occurring and keep the Radiesse looking natural. If there is a lump that does not disappear after a week, please let Dr. Jhin know.

Continue to take Arnica as directed on the package. Continue topical Arnica and/or Vitamin K.

Make-up can be applied in a few hours if no complications are present.

Avoid excessive sun and UV lamp exposure until any initial swelling and redness has resolved.

Report any worsening or longer-lasting symptoms to our office.