



La Jolla Cosmetic  
Medical Spa  
est. 2013

## Radiesse® Post Care

### IMMEDIATELY AFTER TREATMENT

- Expect mild swelling, redness, bruising, tenderness, at the injection sites. These are normal and typically resolve within a few days.
- Do not touch, press, rub, or manipulate the treated area for at least 6 hours after treatment.
- Avoid makeup for 12 hours (especially on the face) to reduce the risk of infection.
- Apply clean cold compresses to reduce swelling or bruising—use for 10 minutes every hour as needed.

### AVOID FOR 24-48 HOURS

- Strenuous exercise
- Alcohol consumption
- Excessive heat (e.g., saunas, hot tubs, sunbathing)
- Extended sun exposure or tanning beds
- Massages or other treatments near the injection sites

### TIPS WHEN TREATING FACE

- Sleep with head elevated the first night if swelling is present.
- Avoid facials, peels, or laser treatments for at least 7–10 days.
- Be cautious with dental procedures within 2 weeks post-treatment

### TIPS WHEN TREATING BODY

- Avoid tight clothing or pressure over treated areas for 48 hours.
- For body contouring uses (e.g., Radiesse hyperdilute), visible results may evolve over 4–6 weeks as collagen builds.

### FOLLOW UP AND EXPECTATIONS

- Some results may be immediate (especially in facial volumizing), but collagen-stimulating effects develop gradually over 4–12 weeks.
- A follow-up appointment may be scheduled to assess results and determine if additional product is needed.
- Full effects and longevity vary by treatment area, product dilution, and individual metabolism.

### WHEN TO CONTACT US

Call the clinic if you experience:

- Severe or increasing pain
- Skin discoloration (e.g., blanching, dusky or purple hue)
- Lumps that persist beyond 2–4 weeks
- Signs of infection: fever, discharge, warmth, or redness at injection site