

**RADIESSE® HYPERDILUTE PRE/POST CARE INSTRUCTIONS**

**PRE-CARE**

- Unless prescribed by a physician, **avoid** Aspirin, Ibuprofen, Advil, Aleve, St. John's Wort, Vitamin D and E, garlic, Fish Oil/Omega 3, Flaxseed Oil, Omega's, Turmeric, Green Tea, Horse chestnut Seed Extract, Alcohol, and non-steroidal anti-inflammatory drugs (NSAIDS) in the 5-7 days prior to your treatment as they may promote the risk of bruising in the injection area.
- If you are currently taking anti-coagulation medications (Warfarin, Coumadin, Heparin, Lovenox, Enoxaparin, Lepirudin, Refludan, Ticlopidine Ticlid, Clopidogrel, Plavix, Tirofiban, Aggrastat, Eptifibatide, Integrilin), these medications contribute to thinning the blood and therefore can increase the risk of bruising.
- Bruising is a temporary and typically subsides within 5-7 days depending on the age and health of a patient. Topical arnica ointment or cream and oral Bromelain supplements will assist in breaking up a bruise to dissipate faster.
- If you are prone to cold sores (oral herpes simplex), take your prescribed medication (Famvir, Famciclovir, Valtrex, Valacyclovir, Acyclovir) as prescribed in the 24 hours prior to your treatment. Should you require a prescription, it is very important that you notify Ageless Aesthetics MediSpa at 505-473-SKIN a week in advance of the appointment to have a prescription called in for you.
- If you are pregnant or breastfeeding, you are not a safe candidate for treatment.

After each treatment session with Radiesse® Hyperdilute there are a few easy things, you will need to help with the treatment results. Make a note to remember to do these things every day:

- **AVOID - excess sunlight, and UV exposure:** Protecting your skin from the sun (and/or tanning beds, LED light therapy) is always important, but after treatment, excessive sunlight and UV lamp exposure should be avoided until any initial swelling and redness go away.
- **Apply a warm compress** to the treated area to ease any discomfort.
- Most patients return to their normal routine immediately.
- **Avoid touching the injected areas** or using sponges, makeup brushes, etc., which could harbor bacteria and spread infection, for at least 8 hours after treatment.
- A few days after treatment, you will look as you did before treatment. This is normal, over time, Radiesse® Hyperdilute will replace lost collagen and elastin.
- Remember, Radiesse® Hyperdilute works by gradually replacing lost collagen and elastin. It provides improvements subtly without making it look like you've had work done. For optimal results, it is strongly recommended that everyone who receives Radiesse® Hyperdilute complete their Radiesse® Hyperdilute plan, which consists of a minimum of 2 treatments spaced 6 weeks apart.

**Follow-Up Treatment:**

- For maximum efficacy, you must schedule your 2nd treatment no more than 6 weeks after your initial Radiesse® Hyperdilute injection treatment.
- Results can take up to 6 weeks to appear as it can take this long for the tissue to regenerate to the point of showing visual improvements. In some cases, visible results may not be seen until a series of sessions have been completed.
- The results vary by individual but can last approximately 18 months depending on the age and health of the patient.

It is the responsibility of each guest to fully review the Pre-Care and Post Care guidelines. If a scheduled service requires modification/cancellation because you do not meet the aforementioned criteria, you are responsible for notifying the medical spa no less than 24 hours in advance to avoid a late cancellation fee of \$75.00. If you are unable to contact an Ageless Aesthetics MediSpa representative within normal business hours, please leave a detailed voicemail. The voicemail system date-stamps/timestamps all voicemails with Mountain Standard Time (MST) zone times. Cancellations and modifications must be made within the MST zone in order to avoid no-show/late cancellation fees. If you have ANY questions or concerns, please call our office during business hours at 505.473.SKIN (7546).