



YOUTHFUL YOU

AESTHETICS & ACADEMY®

RADIESSE

Post-Treatment Guidelines

- **Redness & Swelling:** Mild redness and swelling are normal and typically resolve within 1 to 3 days. If swelling or redness persists beyond this period, contact your provider.
- **Minor Bruising:** Light bruising may occur in treated areas and usually subsides within a week. You may apply topical arnica to the treated area to help reduce bruising.
- **Ice Application:** Apply a cold compress to the treated area for 10 to 15 minutes every hour for the first 24 hours following treatment to minimize swelling and bruising.
- **Avoid Pressure:** Do not massage or apply pressure to the treated area unless specifically instructed to do so by your provider.
- **Exercise & Heat:** Avoid strenuous physical activities, saunas, hot yoga, and direct sun exposure for 24 to 48 hours post-treatment to reduce the risk of swelling and irritation.
- **No Alcohol/Smoking:** Refrain from consuming alcohol and smoking for at least 24 hours after treatment to aid in healing and reduce the risk of complications.
- **Pain Relief:** If you experience discomfort, take acetaminophen (Tylenol) as needed. Avoid ibuprofen, aspirin, or other NSAIDs as they may increase the risk of bruising.

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- **Hydrate & Gentle Skincare:** Continue to drink plenty of water and use gentle skincare products. Avoid using retinoids and exfoliating agents for 24 hours post-treatment to allow the skin to heal.
- **Monitor Healing:** Swelling, bruising, or redness should typically resolve within 1 to 2 weeks. If these symptoms persist or worsen, or if you notice signs of infection such as increased redness, warmth, or pus, contact your provider immediately.
- **Sun Protection:** Apply a broad-spectrum sunscreen (SPF 30 or higher) to the treated areas daily, as sun exposure can negatively affect the longevity and quality of your results.

Disclaimer: These instructions are provided to ensure optimal treatment results and reduce the risk of complications. **Failure to follow the guidelines may result in undesirable outcomes.**

What to Expect

- **Follow-Up:** Schedule a follow-up appointment 4 to 6 weeks after treatment to evaluate your results and discuss any additional treatments or touch-ups.
- **Results:** Initial results are often visible immediately after the procedure, but the full effects will develop over several weeks as the product integrates into the tissue and stimulates collagen production.
- **Duration of Results:** The effects of Radiesse typically last between 12 and 18 months, depending on the treatment area and individual factors such as skin type and metabolism.
- **Contact Provider:** Contact Provider: If you experience excessive swelling, severe pain, or signs of infection (fever, redness, warmth, or discharge from the treated area), contact your provider immediately at 587-855-4558 or via email at info@youthfulyou.ca.

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