



## Radiesse Pre & Post Care

- Avoid the following for up to 1 week pre and post injection: Aspirin, NSAIDS (Ibuprofen), Vitamin E, Ginger, Ginko, Bilboa, Ginseng and Garlic, since this may increase the risk of bruising.
- Avoid excessive heat such as saunas, hot showers, the hot sun or cooking over a hot stove. This may cause the blood vessels to dilate and cause more bleeding and bruising.
- Avoid strenuous exercise after the procedure. This may raise your blood pressure and pulse causing more bruising and swelling.
- You may shower and do most other regular daily activities.
- Avoid direct sunlight for prolonged periods of time. Wear sunblock to protect your skin. Sunlight may cause permanent discoloration after bruising.
- Avoid drinking alcohol for 24 hours after treatment. Alcohol may cause the blood vessels to dilate and cause more bruising.
- Avoid taking Advil, and Garlic for 2 weeks after the procedure since this may increase the risk of bruising. You may shower and do most other regular daily activities.
- You may apply Make-up after the procedure.
- You may apply cold compresses to the treatment sites to reduce swelling and bruising.
- We recommend Arnica Montana pills or gel to prevent bruising.
- Note that any bumps or marks from the extremely small needle sticks will go away within a few hours. If you do develop a bruise it will resolve like any other bruise. There is occasionally some mild pain, swelling, itching, or redness at the site of injection similar to most other injections. Redness may last for 1-2 days, rarely longer.
- Radiesse is a temporary procedure. In most people the benefits of Radiesse last about 12-18 Months.

**Please call our office during normal business hours if you have ANY questions or concerns: (718) 505-2737.**

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