**Radiesse Patient Information**

**How Does it Work?**

Radiesse® is a volumising filler comprised of calcium hydroxylapatite (CaHA) microspheres suspended in a carrier gel. Once injected it provides immediate volume correction but continues to work by stimulating collagen. Over time, the gel is absorbed and the body metabolises the CaHA microspheres leaving behind only your own collagen.

**Used to Treat**

* To correct or enhance facial contours; cheeks, temples, jawline, nose, chin.
* To soften and correct facial wrinkles or folds
* To restore lost volume in hands to reduce the appearance of veins and tendons
* To improve the tone and texture of the skin.

**Does it Hurt?**

A local anaesthetic is added to the Radiesse prior to injection and we will apply topical anaesthetic cream, or ice, prior to treatment to numb the skin. Treatment need not be painful.

**Before Treatment**

All make up will need to be removed prior to treatment, so please come ‘fresh faced’ if possible. We are happy to remove your make-up for you prior to treatment.

Alcohol, aspirin, Ibuprofen and a range of dietary supplements including; St. Johns Wort, fish oils, Gingko Biloba, Vitamins C and E- may all contribute to bruising and are best avoided 24 hours before treatment.

Treatment cannot be administered if there is an active skin infection, including acne or cold sores or if you are unwell- including colds, coughs, sore throats etc. Do contact the clinic to discuss any illness or new medicines prior to attending.

**How Long will it Last?**

Longevity does vary between individuals, but we would expect Radiesse to last between 6 months and 18 months. Radiesse provides two step correction. In the first few months, the carrier gel provides the correction, as it is broken down, your own collagen provides the correction. This ‘hand over’ tends to happen around month 4. It is possible to experience a temporary loss of correction at this time, but it recovers over a 4 week period. Very rarely, it does not.

**Is it Safe?**

Radiesse is safe, but not entirely risk free, the practitioner will discuss all the risks and benefits with you at consultation and again prior to treatment.

**Am I Suitable for Treatment?**

The practitioner will take a detailed medical history to ensure you have no conditions that might increase risk of unwanted side effects, consultation is also important to discuss your expectations and whether or not this treatment is able to meet them.

**Aftercare Advice**

Most people are able to continue with normal activities with immediate improvement in their appearance. Some will have some redness, pin prick marks, possibly swelling- Possibly bruising. Any swelling and bruising may be more apparent the next day.

Make-up should not be worn for 12 hours.

You are advised to avoid alcohol, vigorous exercise, sun bathing, and extremes of heat or cold for 14 days post treatment. These activities have been found to increase and prolong swelling.

Swelling may worsen in the first 24 hours, and then should settle within the first few days. Cold packs can be helpful in reducing swelling. As a consequence of swelling, the product may feel harder or lumpy and you may notice some asymmetry. The final result may be judged at 2 weeks.

Bruising may take a few days to appear, arnica can be helpful in clearing bruising. It is advisable to avoid aspirin and alcohol for 12-48 hours after treatment.

Tenderness should settle as swelling goes down.

Athletes should be aware some ingredients in the product may show a positive in ‘anti-dope tests’

Please contact your nurse if redness, tenderness, itching or swelling worsens after 3 days, rather than settling.

Please do not hesitate to contact us if you have any concerns.

SUE BURGE 07989682892