



212.366.4787 | www.beautyfixmedspa.com

RADIESSE PRE- AND POST-CARE GUIDE

PRE-TREATMENT INSTRUCTIONS

Avoid the use of Aspirin, NSAIDS, Ginkgo Biloba, Garlic Supplements, Green Tea, Flax Oil, Cod Liver Oil, Vitamins A and E, and essential fatty acids for up to **1 week** pre- and post-injection as they will increase your risk of bruising.

Do not drink alcoholic beverages **24 hours** before (or after) treatment to avoid extra bruising.

You may take Arnica tablets **2-3 days** prior to your injection to reduce the risk of bruising. Arnica oral capsules are available for sale at all BeautyFix clinics.

Do not apply products that are potentially irritating for **2 -3 days** before and after treatment (e.g., Tretinoin/Retin-A, Glycolic Acid, Benzoyl Peroxide, Hydroquinone, etc.)

Inform your provider if you have a history of cold sores to receive advice on antiviral therapy prior to treatment.

WHAT TO EXPECT DURING TREATMENT

A topical anesthetic may be applied in the office before your scheduled appointment (please arrive early for numbing).

Arrive with a clean face and remove all make-up if the face is the area being treated.

You may experience a mild amount of tenderness or stinging during and following injection. Redness and swelling are normal. Some bruising may also be visible.

POST-TREATMENT INSTRUCTIONS

Ice the treated area (while avoiding firm pressure) on and off for **15 minutes at a time** on the day of treatment.

You may take Acetaminophen/Tylenol if you experience any mild tenderness/discomfort.

You may take Arnica tablets after your injection to reduce the risk of bruising. Arnica oral capsules are available for sale at all BeautyFix clinics.



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Avoid extended UV exposure until any redness/swelling has subsided. Apply SPF daily.

Avoid strenuous exercise for **24 hours** to reduce the potential for bruising. You may resume other normal activities/routines immediately.

Avoid laser, IPL, or skin tightening treatments of the treated area for at least **2-3 weeks**.

We want you to have a safe and exceptional experience at BeautyFix!

If you experience discomfort within 12 hours post-treatment, please call BeautyFix at 212-366-4787 or email us at customer care@beautyfixmedspa.com with your concerns.