



Expert and Personalized Skin Care

Kailua Kona: (808) 329-1146  
Waimea: (808) 885-3376

[DrMonicaScheel.com](http://DrMonicaScheel.com)

## Radiesse Pre/Post Treatment

### Pre Treatment

#### One to Two Weeks before treatment:

- Avoid dental work or vaccinations within 2 weeks before your appointment
- Avoid blood thinning medications and supplements (if approved by your physician) including:
  - Aspirin, ibuprofen, naproxen
  - Vitamin E
  - Fish oil/ Omega-3
  - Ginkgo biloba, ginseng, garlic, St. John's wort
- Avoid alcohol for 24-48 hours before treatment
- Notify your provider if:
  - Are pregnant or breastfeeding
  - Have an autoimmune disease, bleeding disorders, or active infections
  - Have had prior facial filler or complications

### Post Treatment

#### Immediately after:

- Expect mild swelling, redness, firmness, tenderness, or bruising - this is normal
- Apply a cold compress (10-15 minutes at a time) for the first 24 hours if needed
- **If the Neck was treated**, gently massage the area for **3 minutes, 3 times per day, for 3 days** as directed with clean hands.
- All other treated areas should not be massaged. Please avoid touching or rubbing.

### First 24-48 hours After treatment

#### Recommend:

- No Alcohol
- No Strenuous exercise
- No Excessive heat (saunas, hot yoga, steam rooms)
- No Sun or tanning beds



Expert and Personalized Skin Care

Kailua Kona: (808) 329-1146  
Waimea: (808) 885-3376

[DrMonicaScheel.com](http://DrMonicaScheel.com)

- Keeping the area clean, makeup can usually be applied after 48 hours post treatment.
- Always Protect skin from sun exposure, use sunscreen.
- Sleep on your back with your head elevated the first night if possible.

### Expectations After Day 2 -

- Avoid dental work or vaccination for 2 weeks after treatment
- Lumps or firmness may be felt initially and typically soften over time ~ Typically within about 2 weeks.

### Results & Longevity

- Initially volume is visible immediately; final results develop over 3-4 months as collagen stimulation occurs.
- Results typically last 12-18 months, sometimes longer depending on the area treated.

### When to contact your provider

- Increasing pain, severe swelling, or asymmetry
- Skin blanching, discoloration, or coolness
- Signs of infection (fever, warmth, discharge from site)
- Vision changes or severe headache (rare but urgent)