

immature

The audacity to stay young.

PATIENT GUIDE

BEFORE AND AFTER
YOUR RADIESSE TREATMENT

CALCIUM HYDROXYLAPATITE

NEW YORK

It is not a filler. *It is a scaffold.*

Radiesse is calcium hydroxylapatite, the same mineral that makes up bone and teeth, ground into microspheres 25 to 45 microns across and suspended in a water-based gel. The gel gives you the result you see on the day. The microspheres give you the result you see at three months.

On the day.

The gel carrier adds volume and structure immediately. Unlike hyaluronic acid, it does not draw in water, so what you see when the swelling settles is what you keep.

Over three months.

The gel absorbs. As it goes, the microspheres stay in place and act as a scaffold. Your own fibroblasts move in around them and lay down new collagen and elastin. On biopsy, new collagen is present at four weeks and still increasing at nine months. What you can see and feel, denser skin and a contour that holds without the product, arrives from about twelve weeks and peaks between three and six months.

At eighteen months.

The microspheres break down into calcium and phosphate ions and are cleared by the body the way any mineral is. The collagen you built lasts longer than the product, which is why a second treatment often needs less than the first.

HOW LONG IT LASTS

Most people see twelve to eighteen months from a structural treatment, and some see closer to two years. Hyperdilute Radiesse for skin quality typically lasts around twelve months and is usually done as a series of two or three sessions, six to eight weeks apart. Immature will tell you which you are having and why.

Two weeks *before.*

Book dental work, including cleanings, so that it falls at least two weeks either side of your appointment.

Same for vaccinations. Neither is dangerous with filler, but both can occasionally cause delayed inflammation around it, and we would rather not have to guess at the cause.

Tell us if you are pregnant, trying, or breastfeeding. Immature does not treat during any of these.

Tell us if you have a history of keloid or hypertrophic scarring, an autoimmune condition, or a bleeding disorder.

Tell us about every filler you have had before, where, and roughly when. Radiesse is placed differently around existing product.

If you get cold sores, tell us. We will usually arrange antiviral tablets for you to start a couple of days before.

If you are unwell, have an infection anywhere, or are taking antibiotics, call and move your appointment. We will move it without charge.

One week *before.*

These reduce bruising. They are optional and none of them is essential.

You may pause over-the-counter supplements that thin the blood: fish oil and omega 3-6-9, vitamin E, turmeric, ginkgo, garlic, St John's wort, high-dose flaxseed oil.

You may pause occasional over-the-counter anti-inflammatories such as ibuprofen, Advil, naproxen and aspirin taken for aches. Paracetamol or acetaminophen is fine and does not thin the blood.

Arnica, by mouth or as a cream, is popular for bruising. The evidence is thin. It is harmless and you are welcome to use it.

DO NOT STOP PRESCRIBED MEDICATION

If a doctor has prescribed a blood thinner or aspirin (Eliquis, Xarelto, Coumadin, Pradaxa, Plavix, low-dose aspirin for your heart), keep taking it exactly as prescribed.

Stopping one of these carries a real risk of clot or stroke. No cosmetic appointment is worth that, and we would rather you bruised.

Being on a blood thinner does not usually stop us treating you. It means you will bruise more and we will use a cannula and work more slowly. Tell us, and we will plan for it. Only the doctor who prescribed it can change it.



03 · BEFORE YOUR APPOINTMENT

48 hours *before.*

No alcohol.

No waxing, threading, peels, laser or facials over the areas being treated.

04 · BEFORE YOUR APPOINTMENT

On the *day.*

Eat beforehand and drink water. Feeling faint is more common on an empty stomach.

Come with a clean face and no make-up. Radiesse is placed with a cannula through one or two entry points, so we need the skin fully clean.

Allow about an hour. Numbing cream needs thirty minutes, and the product itself contains lidocaine.

Please do not bring young children. If something goes wrong we need your full attention and ours.

If you feel unwell that morning, call us.

What is normal *afterwards*.

Radiesse swells less than hyaluronic acid because it does not pull in water. It still swells.

Swelling for three to seven days, most noticeable on the morning after.

Bruising at the cannula entry points, occasionally along the treated line. A week or more.

Firmness under the skin for the first two to four weeks. This is the product, not a problem. It softens as the gel absorbs and the collagen replaces it.

Tenderness when you press, or a dull ache in the treated area, for a few days.

Slight asymmetry while the swelling is uneven.

Nothing extra for the first two months. The collagen result is not something you notice happening. It arrives from about twelve weeks: smoother, firmer, more lifted contours that hold without the early firmness.

PLEASE DO NOT JUDGE YOUR RESULT FOR TWELVE WEEKS

Radiesse has two results. The gel result settles by two weeks. The collagen result is not visible until about twelve weeks and keeps building to six months.

Immature checks the gel result at four weeks and photographs the collagen result at three months. Nothing is added before then.

The first 48 hours.

A cold compress, wrapped, for ten minutes at a time. Do not press hard.

Sleep on your back tonight if you can, head raised on an extra pillow, so nothing presses on the treated area.

No heat for 24 hours: no sauna, steam room, hot yoga, hot tub or very hot showers.

No strenuous exercise for 24 hours.

No alcohol for 24 hours.

No make-up over the entry points for 24 hours.

Do not touch, press or massage the treated area for 48 hours unless Immature has specifically asked you to. If you have had hyperdilute Radiesse for skin quality, we may ask you to massage. We will show you how.

Drink water. Paracetamol or acetaminophen is fine for soreness. Avoid ibuprofen, Advil, naproxen and aspirin for a few days unless a doctor has prescribed them.

07 · AFTER YOUR APPOINTMENT

The first *two weeks*.

No dental work, including cleaning.

No vaccinations if you can reasonably delay them.

No facials, peels, laser, IPL, microneedling, radiofrequency or ultrasound over the treated area for four weeks.

No flying within 48 hours if you can avoid it.

WHAT HAPPENS WHEN

WEEK 2	The gel result. This is what you were injected with.
WEEK 4	New collagen is already forming around the microspheres. You cannot see it yet.
WEEK 12	The collagen result shows. Smoother, firmer, more lifted, and the early firmness has gone.
MONTH 3 TO 6	Peak.
MONTH 12 TO 18	Gradual softening as the microspheres clear. The collagen lasts longer than the product.

Call immediately, *day or night.*

Pain that is getting worse rather than better, or pain that feels out of proportion.

Any part of the treated skin turning white, dusky, grey, blue or mottled.

A lacy or blotchy purple pattern on the skin.

Any change in your vision, or pain around the eye.

Spreading redness, heat, hardness or pus.

Fever.

These are rare. They are also time critical, and with Radiesse they matter more than with hyaluronic acid, because there is no enzyme to reverse it. Do not wait until morning and do not message and hope. Call.

TEXT

347 419 8634

EMAIL

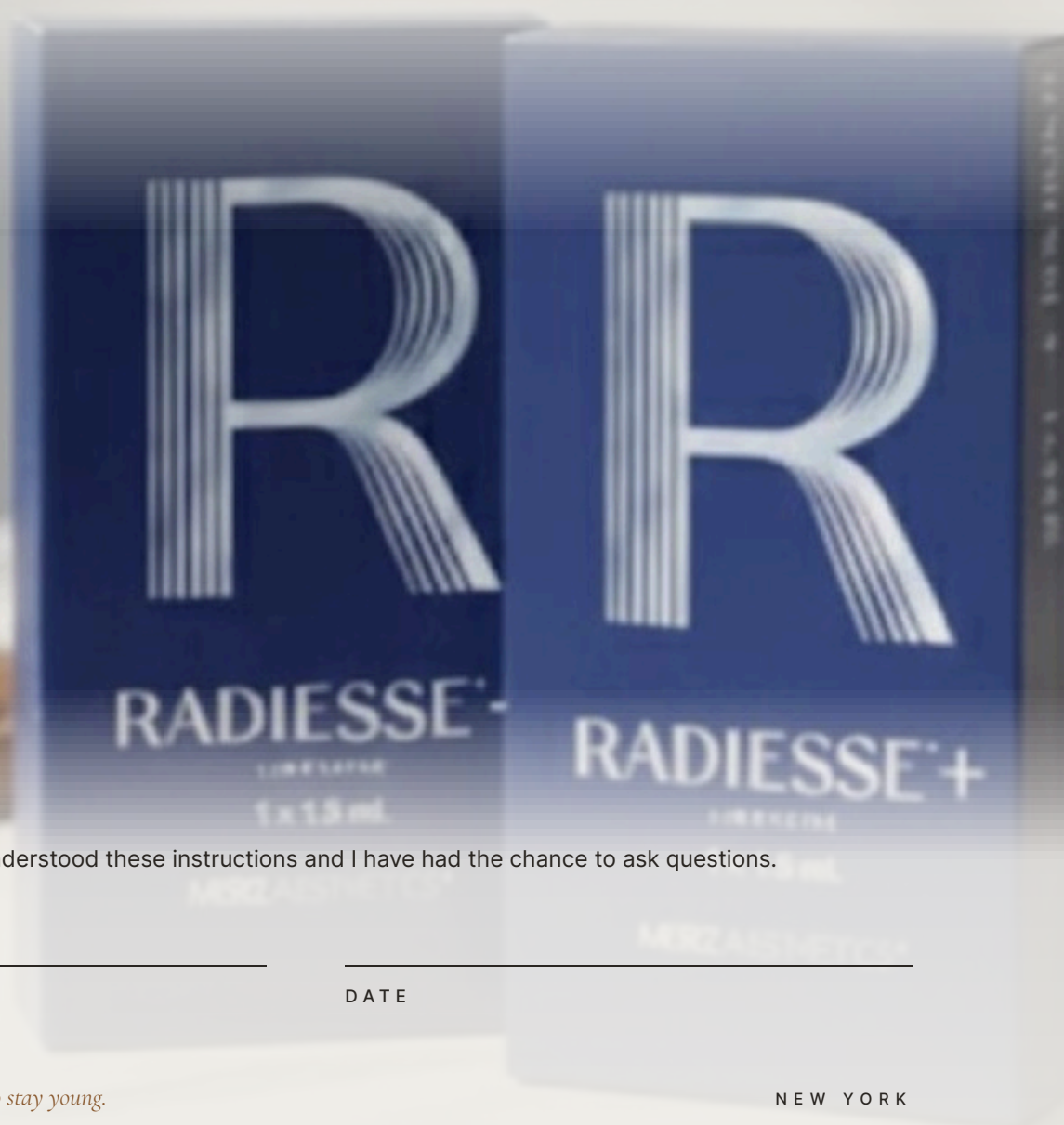
info@immatureaesthetics.com

Call during normal hours if you have a lump that is not softening after four weeks, a cold sore, or anything that is simply worrying you. Firmness in the first month is expected. A discrete lump you can roll under the skin at six weeks is not, and we want to see it. Nothing on this list is a nuisance to us.

We will see you at four weeks, *and again at three months.*

Bring any questions and tell us honestly what you think of the result, including if you do not like it. The four week visit is about the gel. The three month visit is about the collagen, and it is the one that shows what Radiesse actually did.

Radiesse is not permanent. It clears on its own over twelve to eighteen months, and the collagen you build while it is there lasts longer than the product. It is a mineral, so it can show faintly on dental X-rays. Mention it to your dentist so they know what they are looking at.



I have received, read and understood these instructions and I have had the chance to ask questions.

SIGNATURE

DATE