

# SERENITY

## MEDICAL AESTHETICS

conservative dosing • natural results

## Collagen Biostimulator (Radiesse and Sculptra) Pre-procedure Instructions

### 1-2 Weeks Before

- Avoid anti-inflammatory/blood thinning medications, if possible, for a period of 1 – 2 weeks before treatment. If any of these have been prescribed by a cardiologist or neurologist, please inform the nurse practitioner in advance and check with your prescribing doctor to see if you can pause the medications for your treatment. Medications and supplements such as aspirin, vitamin E, ginkgo biloba, ginseng, St. John's Wort, Omega 3/Fish Oil supplements, Ibuprofen, Motrin, Advil, Aleve and other NSAIDS have a blood thinning effect and can increase the risk of bruising and swelling after injections.
- Do not get chemical peels or any electric stimulation to the face for 2 weeks before filler.
- Schedule your filler appointment at least 2 weeks prior to a special event which you may be attending. Bruising and swelling are common and may take up to two weeks to resolve.
- Avoid excessive sun exposure prior to treatment. Sunburned skin cannot be treated.

### 1-2 Days Before

- Do NOT consume alcoholic beverages at least 24 hours prior to treatment (alcohol may thin the blood and increase the risk of bruising)
- Do not bleach, wax, tweeze or use depilatory creams near the treatment area for 1 to 2 days prior to treatment.
- Discontinue use of retinoids (Retin A, Tazorac, Differin, etc.) 1 to 2 days prior to treatment.
- If you are getting lip filler and you have a history of perioral herpes (cold sores), begin prophylactic antiviral therapy the day before treatment and notify the nurse practitioner. She may put you on anti-viral medication before your treatment if you don't have any currently prescribed.
- Please reschedule your appointment at least 24 hours in advance if you have a rash or cold sore in the treatment area.
- You can start taking Arnica, Bromelian or eating fresh pineapple 2 days before your procedure. While there is no clinical evidence to support it, many people find it helps lessen bruising.

### Day of Treatment

- Please come with a "clean face" – washed and without makeup
- Be sure to be hydrate and have a snack or light meal before your procedure. This will decrease the chances of lightheadedness during your treatment.
- You are not a candidate if you are pregnant or breastfeeding.

outer beauty

inner peace



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## MEDICAL AESTHETICS

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## Collagen Biostimulator (Radiesse and Sculptra) Post Procedure Instructions

### What's Normal after a Procedure?

Due to the anesthetic in the gel, you may feel numbness or tingling immediately after the procedure and have some moderate swelling, redness, bruising and tenderness over areas treated. Some people experience a dull ache, and tenderness over the treated areas which subsides between 48–72 hours. Mild, non-painful swelling can last for up to 2 weeks. Bruising is usually visible initially, then more obvious the next day before fading over 7 to 14 days. A small minority of bruises can last for 4 – 6 weeks.

### How to Protect Your Result & Reduce Side Effects

- Wash your hands immediately post procedure.
- Please massage the areas injected for 5 times a day, 5 minutes each time, for 5 days following your treatment
- Do not apply makeup over injections points until the day after the procedure.
- Keep the area cool with a cold compress, but don't apply ice which can cause injury.
- Try to avoid unnecessary pressure over any areas treated, especially in the first 24 hours.
- Avoid alcohol, exposure to UV light and extreme heat ie sauna, steam, sun beds, very hot showers, strenuous exercise etc. for 48 hours. This can increase discomfort, bruising and swelling.
- Avoid facial massages, facial laser treatments or any other form of electrical stimulation or skin resurfacing of the face until the area has healed fully which is typically 2 weeks.
- Some people find taking Arnica, Bromelian or fresh pineapple helps with bruising.

### Contact us:

Serious complications are rare, but it's vital you seek urgent review if anything like this occurs:

- Swelling, puffiness or lumpiness which does not fade in the first week with a gentle massage.
- The filler changes texture and becomes hard, nodular or lumpy, especially if there is redness or tenderness after 48 hours. All these symptoms may indicate a need for medical assistance from your clinician or family doctor if you are unable to see us, but please contact us so we can advise.

**IMPORTANT:** Contact us immediately if you have symptoms of a blocked blood vessel.

If you develop increasing pain near or above the site of injection which is getting worse over time, especially if associated with a pale or grey area of skin indicating a lack of blood flow, you should contact us immediately. In rare cases, an urgent reversal or other medical interventions may be required immediately to prevent scarring. If we are unreachable, please go to your nearest ER. Please contact us as soon as possible so we can collaborate and advise any other clinicians involved in your care.

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