



DILUTE AND HYPO / HYPERDILLUTE RADIESSE® AFTERCARE AND CONSENT FORM

Procedural Description

Dilute and Hypo/Hyperdilute Radiesse® is an advanced bio-stimulatory treatment designed to improve skin quality, elasticity, and texture across larger surface areas, such as the chest, neck, and hands. By diluting Radiesse, a calcium hydroxylapatite (CaHA) filler, with saline and lidocaine, the microspheres are spread more evenly, allowing for subtle, widespread enhancement and collagen stimulation. Radiesse, in this modified form, provides a natural-looking lift and improves the appearance of crepiness and skin laxity, making it particularly effective for rejuvenating delicate areas prone to volume loss and diminished skin elasticity.

This treatment offers progressive improvement as collagen builds over time, with optimal results typically achieved with a series of 1-3 sessions spaced 4-6 weeks apart. Effects can last up to 12 months, and clients often notice continued skin improvement and firming without the need for surgery.

Benefits of Dilute Radiesse

- **Broad Rejuvenation:** Improves skin tone and texture in larger, more delicate areas.
- **Collagen Stimulation:** Supports natural collagen production, leading to long-lasting improvements in skin firmness and elasticity.
- **Subtle Volume Enhancement:** Provides a gentle, natural lift without adding bulk, ideal for chest, neck, and hand rejuvenation.

Pre-Treatment Instructions

- **Avoid Blood Thinners:** Discontinue blood-thinning medications (e.g., aspirin, ibuprofen) for at least 7 days before treatment.
- **Start Taking Arnica:** Consider taking Arnica two days prior to reduce bruising.
- **Avoid Alcohol and Smoking:** Avoid these substances for at least 24 hours prior to the procedure.
- **Eat and Hydrate:** Have a light meal and hydrate to minimize the risk of lightheadedness during the procedure.
- **Cold Sore Precaution:** Inform your provider if you have a history of cold sores, as antiviral medication may be prescribed.
- **Skin Care Precautions:** Avoid using retinoids, glycolic acid, and exfoliants for 2 days before treatment.
- **Arrive Makeup-Free:** Please arrive with clean skin and no makeup on the treatment area.

Post-Treatment Instructions

- **Avoid Touching and Massaging:** Do not touch, massage, or apply pressure to the treated areas for at least 24 hours.
- **Stay Upright:** Remain upright for at least 4 hours after treatment to help the product settle. Avoid pressure on treated areas during sleep (i.e., try to sleep on your back).

- **Avoid Heat and Exercise:** Refrain from strenuous exercise, saunas, and exposure to intense heat for 24-48 hours to minimize swelling.
- **Skin Hygiene:** Keep the treated areas clean. Avoid makeup for the rest of the day, and sanitize any surfaces (e.g., phone) that may contact treated skin.
- **Swelling Management:** Radiesse may cause moderate swelling, which can last 2-3 days. Use a cool compress as needed and consider Benadryl if recommended by your provider.
- **Firmness:** Mild firmness in treated areas is normal and should resolve in 1-2 weeks as the product integrates.

Expected Results and Limitations

- **Gradual Improvement:** Noticeable improvements are progressive, as collagen stimulation occurs over several weeks.
- **Natural Lift:** Results provide a subtle, natural-looking enhancement of treated areas without visible “bulk.”
- **Duration:** Results typically last up to 12 months, with maintenance treatments recommended annually or as advised by your provider.
- **Individual Results:** Outcomes may vary based on skin type, age, and lifestyle factors.

Potential Risks and Side Effects

While Dilute and Hypo/Hyperdilute Radiesse is generally safe, possible risks and side effects include:

- **Common Side Effects:** Temporary bruising, swelling, redness, and tenderness at the injection sites.
- **Nodules or Lumps:** Small lumps may occur and can often be smoothed within the initial days following treatment.
- **Swelling:** Radiesse is known to cause moderate swelling; to reduce swelling, sleep with your head elevated, avoid salt, and apply a cool compress if needed.
- **Pigmentation Changes:** Sun protection is essential; avoid sun exposure and use broad-spectrum SPF to prevent hyperpigmentation.
- **Infection:** While rare, there is a risk of infection with any injection. Contact Honey Skincare Studio if you experience increased redness, warmth, or pus.
- **Allergic Reactions:** Rare, but may include itching, hives, localized swelling, or other allergic responses.
- **Herpes Recurrence:** Clients with a history of herpes may experience a recurrence due to injection-related trauma.
- **Vascular Occlusion:** Accidental injection into a blood vessel may cause serious complications. Contact us immediately if you experience unusual pain, discoloration, or other concerns at the treatment site.

Contraindications

Dilute Radiesse is not suitable for individuals who:

- Are pregnant or breastfeeding.
- Have severe allergies or a history of anaphylaxis.
- Have active skin infections or severe skin conditions at the treatment site.
- Are prone to keloid formation or hypertrophic scarring.
- Have allergies to calcium hydroxylapatite or any components of Radiesse.

Financial Responsibilities

This procedure is elective and not covered by insurance. Any complications requiring additional medical care or treatments will be the patient's financial responsibility. Refunds are not available.

Consent to Clinical Photography

I understand that clinical photographs may be taken for documentation, treatment planning, and monitoring purposes. These images are confidential and will be securely stored as part of my medical record, not used for marketing without explicit consent.

CONSENT CONFIRMATION

By signing below, I confirm that I have read and fully understand the information provided in this consent form for **Dilute and Hypo/Hyperdilute Radiesse**. I acknowledge the potential risks, benefits, and aftercare requirements and agree to follow all recommended instructions. I confirm that I have had the opportunity to ask questions, and all my questions have been answered to my satisfaction. I agree to contact Honey Skincare Studio at **703-589-9665** immediately if I experience any concerns or adverse reactions following the treatment. I consent to the administration of Dilute Radiesse by the trained professionals at Honey Skincare Studio.

PRINTED NAME:

SIGNATURE:

DATE:
