

Radiesse: Undiluted, Diluted + Hyperdiluted

ONE PRODUCT - DIFFERENT BEHAVIOUR

Radiesse is calcium hydroxylapatite (CaHA). Dilution changes viscosity, spread and immediate structural effect. Undiluted structural treatment, approximately 1:1 diluted treatment and hyperdiluted biostimulation should not be treated as the same procedure.

AT A GLANCE

UNDILUTED

- No added diluent.
- Focal structure, contour, support and volume.
- More immediate contour/support.
- Longer-term collagen and elastin stimulation.

DILUTED • AROUND 1:1

- Approximately one volume Radiesse + one volume diluent.
- Easier spread with some retained support/volume.
- Middle ground between structure and broader biostimulation.
- Exact dilution is treatment-specific.

HYPERDILUTED • 1:2 OR GREATER

- At least two volumes of diluent per volume of Radiesse.
- Immediate lifting/volume becomes minimal or negligible as dilution increases.
- Main aim: broader biostimulation, skin quality and tightening.
- Often used over larger selected face, neck, décolletage or body areas.

IMPORTANT

Radiesse is not hyaluronic acid and cannot be dissolved with hyaluronidase. Some diluted/hyperdiluted techniques or anatomical uses may be off-label; the exact treatment proposed should be discussed with you.

BEFORE TREATMENT

Detailed Pre-Care

CONSULTATION / 1-2 WEEKS BEFORE

TELL US ABOUT

- Previous Radiesse/CaHA, fillers, biostimulators, threads, implants or surgery in/near the area.
- Previous vascular occlusion, prolonged swelling, nodules, granulomas, abscess/infection or unusual inflammatory reactions.
- Autoimmune/granulomatous disease, immune suppression, bleeding disorder, severe allergy history or recurrent cold sores.
- Pregnancy/breastfeeding and tendency to keloid or hypertrophic scarring.

MEDICATIONS + BRUISING

- Anticoagulants, antiplatelets, aspirin, NSAIDs and supplements that may increase bruising.
- Do not stop prescribed medication unless the prescriber says this is safe.
- Tell us about antibiotics, steroids, immunosuppressants or important medication changes.
- Plan around events because bruising, swelling and temporary asymmetry can occur.

DENTAL WORK + OTHER PROCEDURES

TIMING MATTERS

- Tell us about current dental infection, recent significant dental treatment or planned invasive dental work.
- Tell us about fever, acute illness or active infection.
- Tell us about recent/planned laser, Tixel, peel, microneedling, surgery or another injectable in the same area.
- No treatment through active infection, inflamed/broken skin or incompletely healed resurfaced skin.

TREATMENT DAY

ARRIVE READY

- Eat and hydrate normally.
- Arrive with clean skin where possible.
- Update us about new health, medication, pregnancy/breastfeeding, dental or skin changes.
- Baseline photographs may be taken.

AFTER TREATMENT

What Applies To Every Form

FIRST 24 HOURS

COOL • CLEAN • DO NOT OVER-HANDLE

- Mild swelling, redness, tenderness, bruising, itching or firmness can occur.
- Use a clean cool compress gently if needed. Do not apply firm pressure or direct ice.
- Keep the area clean and avoid unnecessary rubbing, squeezing or repeated pressing.
- Minimise strenuous activity and extensive sun/heat exposure for about 24 hours and until initial redness/swelling settle.
- Use gentle skincare. Avoid aggressive facial massage, gua sha or another invasive treatment directly over the area immediately afterwards.

FIRST 2-3 DAYS

EXPECTED

- Bruising or swelling can temporarily look worse before improving.
- Temporary asymmetry while swelling settles.
- Tenderness or awareness of the treated area.
- Diffuse tenderness can occur after diluted/hyperdiluted treatment.

DO NOT

- Repeatedly check product by pressing or squeezing.
- Self-treat a lump with vigorous massage.
- Ignore redness, warmth, pain or swelling that is increasing rather than settling.

IMAGING

RADIOPAQUE PRODUCT

- CaHA particles are radiopaque: Radiesse can be visible on CT and may be visible on X-ray.
- Tell relevant doctors, dentists and radiologists if you later undergo imaging in the treated region.

What Changes With The Dilution

UNDILUTED

STRUCTURE / CONTOUR

- Do not routinely massage or attempt to reshape the result unless specifically instructed.
- Some firmness can be expected initially; do not aggressively manipulate it.
- Allow swelling to settle before judging contour or symmetry.
- Forceful home massage is not desirable when used for focal structural effect.

DILUTED • AROUND 1:1

SUPPORT + BIOSTIMULATION

- Aftercare depends on area and injection plane.
- At 1:1, CaHA can retain structural/support effect, so massage is not automatically appropriate.
- If massage is wanted, follow the exact pressure, frequency and duration demonstrated.
- Do not self-treat a persistent lump with vigorous massage.

HYPERDILUTED • 1:2 OR GREATER

BROAD BIOSTIMULATION

- Distributed over a broader surface for gradual tissue remodelling rather than focal filling.
- Expert protocols commonly include immediate practitioner massage and some include patient massage for several days.
- Home massage is treatment-specific: only do it if instructed and use the demonstrated pressure.
- Temporary diffuse tenderness, swelling or bruising can occur.
- Do not expect a large immediate filling effect; improvement develops gradually.

DELAYED COMPLICATIONS

Nodules, Focal Accumulations + Granulomatous Reactions

YES - THIS MATTERS WITH CaHA

CaHA can produce non-inflammatory focal accumulations/nodules as well as delayed inflammatory nodules. Infection, biofilm, delayed hypersensitivity and foreign-body granulomatous reactions are part of the differential for an inflammatory delayed nodule.

WHAT A NODULE CAN REPRESENT**NON-INFLAMMATORY FOCAL ACCUMULATION**

- Firm or visible focal product accumulation without heat, redness or marked tenderness.
- Can relate to product amount, placement, depth or local accumulation.
- Do not repeatedly press, puncture or aggressively massage it yourself.
- Persistent or cosmetically visible nodules should be reviewed.

INFLAMMATORY NODULE

- Red, warm, tender, swollen or oedematous lump.
- May appear after an interval rather than immediately.
- Possible causes include infection/biofilm, delayed hypersensitivity or granulomatous inflammation.
- Discharge, fluctuance, fever or spreading erythema increases concern for infection.

GRANULOMA: AN IMPORTANT DISTINCTION**A TRUE GRANULOMA IS HISTOLOGICAL**

- Not every lump after Radiesse is a granuloma.
- Foreign-body granulomatous reactions may present as persistent inflammatory nodules, but confirmation may require histology.
- Assessment may include examination, ultrasound and, when indicated, aspiration/culture or biopsy.
- Radiesse cannot simply be 'dissolved' with hyaluronidase, so management depends on the actual diagnosis.

CONTACT US FOR A DELAYED LUMP - EVEN MONTHS LATER

Do not self-treat with leftover antibiotics, steroids or vigorous massage. Tell us about recent illness, infection, vaccination, dental work or trauma because these may be relevant to some delayed inflammatory presentations.

Massage + Recovery

YOUR MESSAGE INSTRUCTION

FOLLOW ONLY THE INSTRUCTION MARKED FOR YOU

- ☐ NO HOME MESSAGE
- ☐ MESSAGE AS DEMONSTRATED
- Frequency: _____
- Duration: _____
- Area-specific instruction: _____

FIRST 1-2 WEEKS

WHAT CAN BE NORMAL

- Bruising, redness and swelling.
- Tenderness, itching or mild discomfort.
- Temporary firmness / awareness of product.
- Temporary asymmetry while swelling settles.
- Diffuse tenderness after diluted/hyperdiluted treatment.

CONTACT US

- A new/persistent nodule is painful, inflamed or enlarging.
- Redness, warmth, pain or swelling is worsening.
- Discharge, fever or infection signs.
- Delayed swelling/inflammation after initial recovery.

DO NOT COPY SOMEONE ELSE'S MESSAGE ROUTINE

The dilution, area, injection plane and treatment goal determine whether massage is appropriate. Undiluted structural treatment and hyperdiluted biostimulation are not managed identically.

Recognising Vascular Compromise

WHAT VASCULAR COMPROMISE CAN LOOK LIKE

The appearance can evolve. Early blanching may become reticulated/mottled and then dusky. Untreated ischaemia darken, blister and break down. Pain may be severe, mild or absent early.

VISUAL PROGRESSION



1 BLANCHING
Pale / white



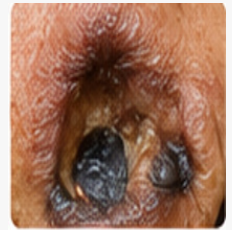
2 LIVEDO
Net-like mottling



3 DUSKY
Grey-purple

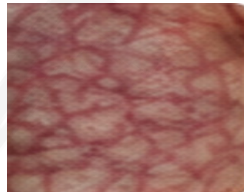


4 ISCHAEMIA
Darkening / cool



5 BREAKDOWN
Blister / eschar

LIVEDO / MOTTLING ACROSS SKIN TONES



Compare with the surrounding skin: reticulation may be subtler on darker skin.

NORMAL BRUISE VS CONCERNING CHANGE

NORMAL BRUISING



Localised purple/blue/yellow bruising that gradually improves.

CONCERNING



Pallor, mottling, dusky colour, cool skin or progressive darkening.

Red Flags + Delayed Problems

URGENT RED FLAGS

DO NOT WAIT

- Severe or rapidly escalating pain during or after treatment.
- Skin becoming white/blanched, grey, dusky, mottled or developing an unusual net-like colour change.
- Skin becoming increasingly cold, very tender, blistered or developing sores/scabs.
- Any visual change, double vision, loss of vision or severe eye pain.
- Stroke-like symptoms such as facial droop, weakness/numbness, difficulty speaking or walking, severe sudden headache, dizziness or confusion.
- Rapidly increasing swelling, severe allergic symptoms or difficulty breathing.

LATER / DELAYED PROBLEMS

CONTACT THE CLINIC

- New persistent lump/nodule, increasing tenderness, redness, warmth or swelling after initial recovery.
- Delayed swelling or inflammation after illness, infection, vaccination or dental procedure.
- Discharge, fever or other infection signs.
- Any side effect that is concerning or not progressively settling.

REMEMBER

Radiesse cannot be dissolved with hyaluronidase. Serious vascular complications are rare but require immediate recognition and urgent management. Do not wait for a routine review if you develop a red-flag symptom.