DR EYAS MEDANAT

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GUIDES · CONTOUR & COLLAGEN (RADIESSE)

Radiesse

Radiesse is a calcium-based filler that gives an instant lift and contour — often to the jawline, cheeks, chin, temples or hands — and then stimulates your own collagen for months. It can also be diluted and spread under the skin to improve firmness and texture.



1 At a glance

PROCEDURE TIME	ANAESTHESIA	BACK TO WORK
20–30 minutes	Numbing cream; Radiesse also contains a local anaesthetic	Straight away

EXERCISE	RESULTS	HOW LONG IT LASTS
After 24–48 hours	Immediate lift; collagen builds over 2–3 months	Usually 12–18 months

2 Before your treatment

Specific to this procedure

- Tell us if you are pregnant or breastfeeding, have an autoimmune condition, or have had fillers or threads in the same area.
- Avoid aspirin, anti-inflammatory painkillers, fish oil and vitamin E for 7 days, and alcohol for 24–48 hours — unless a doctor prescribed them.
- Avoid dental treatment for 2 weeks before and after.
- Arrive without make-up on the treatment area.

3 After your treatment

First 24 hours

- No make-up for 12 hours.
- No exercise, sauna, steam, hot yoga or alcohol for 24–48 hours.
- Sleep on your back with your head slightly raised for the first night.
- Do not press, rub or massage the treated area — no massage is needed after Radiesse.

The next 2 weeks

- Avoid facials, facial massage by others, laser or radiofrequency treatments.
- Avoid extreme heat — sauna, sunbathing.
- Swelling, tenderness and bruising settle within a week; the area may feel firm at first.

4 Your recovery, week by week

Day 1–3

Swelling and tenderness.

Week 1

Bruising and swelling settle.

Months 2–3

New collagen builds; the skin feels firmer.

Months 12–18

Gradually absorbed; top up when you are ready.

Call us straight away if you notice

- Skin that turns white, grey, blue or blotchy, or pain that keeps getting worse after treatment — call us immediately; it needs treating quickly.
- Any change in your vision after treatment — call 998 immediately, then us.
- A hard, red, hot or painful lump that appears days or weeks later.
- Increasing redness, heat, swelling or pain after the first 2–3 days, pus, or a fever.
- Anything you are worried about — send us a photo on WhatsApp and we will advise you.

Chest pain, difficulty breathing, or heavy bleeding that will not stop: call 998 (ambulance) or go to the nearest emergency department, then let us know.

Questions while you recover — Message or call the clinic any time — no question is too small, and it is always better to ask early. **+971 50 108 8378** (WhatsApp) · info@eyas.doctor

This guide gives general advice. Dr. Eyas may give you instructions made just for you — at your consultation or when you go home after surgery. If his instructions are different from this guide, follow his instructions. If you are not sure, message us. Last reviewed: November 2026.