

HAND REJUVENATION

Radiesse® Hand Rejuvenation

Hand rejuvenation is now available at Simply Fox. This procedure is also known as the 'Radiesse® Hand Lift' and is the ideal solution for patients concerned with the skin on their hands or their veiny appearance.

Frequently the focus of cosmetic improvement is the face, yet one of the most age-telling body features is the hands. The skin on the back of the hands is extremely thin, the loss of fat padding on any level shows quickly. The natural fat cushion that we are born with begins to lessen in our late twenties and early 30's. Take away that cushion and all the structures in the hand show up – the tendons, bones and the veins.

Radiesse® can restore the volume in the dorsum of the hands that was lost due to the natural aging process via a very simple and convenient procedure. The treatment is highly effective, easy and non time-consuming and delivers long-lasting results.

Radiesse® is safe, effective and extremely popular both for its immediate effectiveness and long duration.

What is Radiesse® and how does it work?

Radiesse® is made up of tiny beads of calcium hydroxylapatite and has FDA approval. Calcium hydroxylapatite (CaHa) has been safely used in the body for many reasons including dental applications where bone build-up is needed for reconstruction and also in block form for cosmetic applications such as cheek, jaw, cranial and chin implants.

Radiesse® is not a permanent filler. It is a long lasting, resorbable filler – with the effect claimed to last approximately 2 years depending on the individual and the area treated.

Once injected into your skin, the smooth and spherical CaHA particles form a 'scaffold' which stimulates your own cells to produce collagen around the spheres. The gel carrier dissolves within a few months and over time, the CaHA particles gradually break down and are completely metabolised by the body, leaving only the new collagen structure.

Radiesse® wears well in the hands and provides an instant cushion replacement. The depressions between the tendons and veins are refilled so both the bony appearance and the vein prominences (and the dark colour of the veins) are reduced, giving the hands a softer, fuller more youthful appearance.

The procedure

Injections in the back of the hands might be assumed to be painful, but local anaesthetic is applied prior to the procedure to reduce any discomfort. It generally takes less than 30 minutes to inject both hands.

Prior to the treatment: your practitioner will complete an assessment and discuss the individual treatment plan with you.

Treatment: The Radiesse used contains Lidocaine anesthetic so that the nerve endings in the skin are anesthetized. A “bolus” or “ball” of Radiesse is injected and then massaged into the volume-deficient areas. The product is easily massaged into place, and remains in those areas so the skin is smooth and even.

Post Treatment: Most people find that they can return to work the following day after this procedure. With any dermal filler treatment, there is a risk of post treatment effects such as slight swelling and bruising. These affects are normal and usually subside within a few days.

After Care: Keep the treated area clean and avoid touching and putting any product on for 6 hours after the treatment.

Will I see the results immediately?

The treatment provides an immediate result. However, the hands may swell slightly. This means that the result directly after the treatment may not be the final result. The swelling typically resolves spontaneously within a couple of days.

How long will the results last?

The result generally last 12 months or even longer. The longevity of these products is variable and each individual may obtain a different result. Our treatment provides a long-lasting but not permanent result.

Recovery time

There is very little to no down-time involved in the procedure. In fact, most patients return to their normal, daily activities right after their visit.

What are the possible side effects?

After the treatment some common injection-related reactions may occur, such as swelling, redness, pain, itching, discoloration and tenderness at the injection site but generally they are not significant. These typically resolve spontaneously within 2 to 10 days.

Mild bruising or a slight blush might appear at the injection site immediately following treatment and may last for 2-10 days.

There is always a risk of allergic reaction to the products used.

To avoid swelling and bruising, you should avoid taking:

- Aspirin,(unless prescribed by a GP or consultant- in which case please discuss with the prescriber before stopping any medication)
- Ibuprofen, for 1 week before and 2 days after.
- Avoid alcohol 24 hours before and after treatment
- Vitamin E (or multivitamin) or St. John's Wort for 2-3 days before or after.
- Avoid exercise except for walking for 24 hours after the procedure.

Some patients may not be suitable for treatment this will be discussed at your initial assessment.



Treatment cost

Cost of the treatment depends on the amount of product used and the condition of your hand. Your practitioner will advise you accordingly.

More information and before and after pictures can be found at

<http://www.radiesse.com/photos/hands/#isi>