

**Smith County Family Medical**  
**Kim Gregory, FNP-BC, 615-735-8008**

**Dermal Fillers Pre Treatment Instructions**

1. Avoid aspirin (e.g., Excedrin), Vitamin E, St. John's wort, and other dietary supplements including ginkgo, evening primrose oil, garlic, feverfew, and ginseng for 2 weeks.
2. Avoid ibuprofen (e.g., Advil, Motrin) and alcohol for 2 days.
3. If possible, come to your appointment with a cleanly washed face.

**Dermal Fillers Post Treatment Instructions**

1. Swelling, redness, firmness, itching, and tenderness may be present for up to two weeks. Use of cool packs may be used as needed.
2. Sleep with your head elevated to reduce the amount of swelling.
3. Do not massage or put pressure on the treated area, unless instructed by injector.
4. Wait 4 hours to apply cosmetics, moisturizer, or any lotions on the area.
5. Avoid direct sunlight or extreme cold weather until initial swelling and/or redness has subsided.
6. Do not do heavy aerobic exercise, or do anything to raise your core body temperature or blood pressure for 24 hours.
7. The results will be immediate, but its best effects are noted after the swelling has resolved.
8. Motrin or Advil (Ibuprofen), or Tylenol (Acetaminophen) may be used as directed on the bottle, for any discomfort after injection.
9. Benadryl 25-50 mg, per directions on bottle, may be used for itching. Benadryl can make you sleepy. Do not drive or perform any activities accordingly.
10. The use Arnica Montana (available at health food stores), may help with bruising. It is available topically, as well as orally. Follow bottle directions.
11. Lumps, bumps, or irregular, asymmetrical areas may be noted, especially once swelling has subsided. It is normal to feel these lumps and bumps, however, they should not be visible.
12. Any severe swelling, itching, redness, increasing discomfort or discharge from treated area should be reports to the office by calling 615-735-8008.
13. Periodic touch ups will help sustain the desired level of correction.
14. It can take up to two weeks for swelling and any bruising to subside. If additional filler is desired in an area of previous treatment, your provider may ask you to wait until the 2 weeks has passed.
15. Please call 615-735-8808 with any questions.