

Cosmetic Dermatology Center
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How to prevent Bruising:

1. The following should be discontinued at least 14 days before treatment (do not discontinue if taking for medical reasons. The reason to stop these is that they make your blood less likely to clot (thinner) which can cause bruising:

- Aspirin
- Excedrin
- Ibuprofen (Motrin, Aleve, Advil)
- St. John's Wart
- Omega 3 Fatty Acids
- Vitamin E
- Gingko Biloba
- Ginseng

*If you need pain medication, Tylenol is always fine to use.

2. Do not eat Avocado or Fish for at least 2 weeks prior to your procedure.
3. Stop drinking alcohol 3-4 days prior to injections.
4. No garlic 1-2 days before procedure.
5. Take 1,000 milligrams of Vitamin C starting three days prior to surgery and for seven days after your procedure. Vitamin C aids in immunity and healing.
6. Take Arnica Montana beginning one week prior to your procedure. You can find this supplement at Whole Foods.
7. Try eating fresh pineapple 2-3 times for 1-2 days prior to your appointment.
8. Apply a cold compress to the facial bruising area every 20 minutes for 2 to 3 days after your procedure.
9. Sleep with your head elevated at a 45-degree angle. This helps reduce swelling and bruising of the facial area.
10. Take Bromelain 2 times a day for 1 week prior to injections. Can be purchased at Whole Foods. Do not take if allergic to latex.