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Suggestions to minimize bruising

With any surgical or injectable procedure, there is always a risk of bruising. Here are our suggestions to minimize bruising after your procedure:

1. Discontinue **all aspirin products**, including NSAIDS (ibuprofen, Aleve, Motrin, naproxen, etc.) 2 weeks before your procedure. *Tylenol (acetaminophen) is OK to take and will not cause excessive bruising.* Let us know if you are taking blood thinners like Coumadin (warfarin).
2. Discontinue **all** vitamins and herbal medications, including Green Tea, 2 weeks before your treatment or surgery.
3. Discontinue use of alcoholic beverages **5 days prior** to procedure.
4. Do not exercise after your procedure, *especially if bruised*, as this *may worsen* the bruising.
5. Ice compresses will help for the first 24-48 hours. At 5 days post procedure, you should change to warm compresses (2-3 times a day for 20 minutes) over bruised areas until discoloration has resolved.
6. If bruised, sleep with your head elevated on 2 or more pillows (about a 45-degree angle, or your “head higher than your heart.”)
7. Bromelain (an enzyme in pineapples) can be taken to minimize bruising and swelling. We recommend this be **started several days before or the day of the procedure and taken for 1 week afterwards**. Bromelain is available at health food stores. We sell a product containing Bromelain called **Inflammenz**. This can be purchased at the front desk for \$30 plus tax. **Inflammenz should be taken three times a day between meals.** *Arnica Montana* is a supplement that some people feel improves bruising. Because of the lack of clinical evidence that arnica improves bruising, we do not routinely suggest taking this supplement. However, if you would like to use it, *arnica* can be purchased at a vitamin or health food stores. It is usually taken for 1-week post procedure and started on the day of the procedure.
8. We have two options in the office that can help after the bruise. 1.) Laser VBEAM, this can speed up recovery from large excessive bruising, this can be done 1-day post-surgery or injection. 2.) Camouflage Make-up, a kit that has instructions to conceal the bruise through the stages of healing. There are **Additional fees for this treatment and product.**