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Suggestions to Minimize Bruising (for Surgeries and Injections)

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), Eliquis, Pradaxa or Xarelto.
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 the 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. We sell a Rapid Recovery Kit which contains both Arnica and Bromelain (taken orally), as well as topical Arnica and Vitamin K cream. This can be purchased at the front desk for \$40 plus tax. The cream is started the day of the procedure and is applied directly to the bruised skin twice a day. **The Rapid Recovery pills are taken twice a day** and can be started **either the day before or the day of your procedure** and taken **for 5 days afterwards**.
8. We have two options in the office that can help get rid of a stubborn bruise: 1.) VBEAM Laser, can speed up recovery from excessive bruising, and 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 minimal additional fees for this treatment and product.