



### 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.
8. *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.