



## Cosmetic Instructions

### How to avoid bruising with fillers

Your pre-treatment and post-treatment actions can have a big effect on how you recover. Here are a few pre and post treatment tips that can help you minimize unnecessary bruises, lumps etc. Make sure to follow the instructions your doctor gives you and ask any questions you have *before* the day of your procedure.

- Take Arnica Montana-Bromelain tablets (as directed on the label), starting 2 tablets per day 7 days before procedure & continuing for 7 days after procedure, if not allergic to reduce swelling & bruising. If you already know you are prone to bruising, we recommend taking 2 tablets 3x's per day for 7 days pre & post procedure. \*This may be purchased in this office.
- Discontinue aspirin, as well as aspirin containing medications, 14 days prior to the procedure. **If you have a heart condition, do not discontinue these medications unless specifically instructed to do so by your provider and then only with the consent of your cardiologist.**
- Discontinue fish oil, Vitamin E, Omega-3, multi-vitamins, all homeopathic (herbal medications), Ginseng, Ginkgo Biloba, Mona-Vie, green tea, berries, oranges, papaya, salmon, garlic, Ibuprofen (Advil, Motrin & Aleve), cholesterol medications, flax seed oil, as well as alcoholic beverages 10 days prior to your procedure.
- If you need to pre-medicate, please let us know. For example; allergies or history of cold sores.
- Depending on the extent of the procedure, you may need to arrange for transportation. Please DO NOT bring small children.