

### **Instructions to Minimize Bruising Prior to your Filler Appointment:**

We have to use a tiny needle to insert the filler beneath your skin. Although every effort is undertaken to reduce the chance of bruising, it is possible to receive a bruise from an injection. By following these instructions, you may reduce the chance of bruising.

1. Avoid Aspirin (ASA) and vitamin E for 7 days prior to your appointment. ASA thins the blood. Vitamin E also can result in more bruising.
2. Avoid ibuprofen (Advil, Motrin), anti-inflammatory drugs (ex. Aleve, naproxen), for 3 days prior to your appointment. Tylenol (acetaminophen) is fine.
3. Avoid herbal medications like ginkgo biloba for 3 days prior to your appointment.
4. Avoid alcohol for 24 hours prior to your appointment
5. Drink 2 glasses of pineapple juice and/or eat 2 Kiwi fruit per day for 3 days prior to your appointment. These fruits contain bromalin, which helps reduce bruising.
6. We may provide you with Sinecch, which is a brand of pharmaceutical grade Arnica Montana, a herbal product used to reduce bruising. Sinecch brand has much more arnica than found in most health food stores. We provide Sinecch at our cost to you for \$35. It should be started 6-12 hours prior to your appointment, or with breakfast on the day of your appointment.
7. If you are on blood thinners, or have any bruising problems, please notify the doctor prior to your treatment.
8. Bruising can be covered with make-up. Please ask us about make-up suggestions.
9. Avoid scheduling filler injections immediately prior to important social engagements