

## Instructions to Prevent Bruising for Botox, Filler, and Microneedling Procedures

### **BEFORE TREATMENT**

#### **Avoid consuming the following 2 weeks prior to treatment:**

1. Medication: Aspirin, Aleve, Advil, Ibuprofen, Naproxen, Blood Thinners
2. Foods/Supplements: Garlic, Ginkgo, Ginger, Ginseng, Green Tea, Salmon, Cod, Mackerel, turmeric, Foods high in Vitamin E (ex. Almonds, Sunflower seeds and oil, and olives), Alcohol, Saint John's wort, Vitamin E supplements, Fish Oil, Flaxseed Oil, Feverfew

#### **Consume the following 1 week prior to treatment for prevention of bruising:**

1. Arnica Supplements (*For your convenience, sold at our practice for \$7.08 per bottle; ideally purchase 1 week prior to treatment*)
  - a. *Instructions:* Take 5 capsules every 8 hours
2. Arnica Topical Gel (*Sold at our practice for \$7.08 and available at CVS/Whole Foods*)
  - a. *Instructions:* Apply twice a day for 1 week after procedure in bruised areas
3. Zinc-Rich Foods (ex. beef, pumpkin seeds, cashews, and chickpeas)
4. Pineapple/Pineapple Juice or Bromelain Supplements

**Apply EMLA numbing cream an *hour* before treatment. This is particularly important when receiving Botox for the crow's feet and filler in any area to prevent pain and diminish bruising.**

### **AFTER TREATMENT**

#### **Avoid the following:**

1. Exercise for *24 hours*
2. Alcohol for *3 – 7 days* if bruising appears

#### **Consume the following if bruising occurs:**

1. Arnica Supplements
  - a. 5 capsules every 8 hours for 1 week
2. Arnica Topical Gel for 1 week
3. Zinc-Rich Foods (ex. beef, pumpkin seeds, cashews, and chickpeas)
4. Pineapple/Pineapple Juice or Bromelain Supplements