

Anti-Bruise Protocol

Please follow these recommendations to decrease the risk of bruising and swelling with your treatment.

1. One week prior to treatment:

Avoid taking Aspirin, Ibuprofen, Fish Oils, Vitamin E, NSAIDS for 7 days prior to your treatment. (If there are any medical concerns or questions with stopping any of these medications or supplements, please consult your physician.)

2. One day prior to treatment:

Start using the Arnika Forte Kit (sold in our office). Arnika Forte Kit is our preferred treatment for bruising. It is the only combined Arnica Montana and Bromelain capsule on the market and can only be purchased by a physician.

Treatment starts the day before or the day of surgery and continues for six days.

Or you can also eat an entire fresh pineapple. Bromelain is an enzyme found in pineapple that reduces swelling and inflammation.

3. After treatment:

Apply a generous amount of the Auriderm Gel to bruised areas 2x/day. It is well documented that topical vitamin K (Auriderm) can speed the resolution of bruising. Vascular lasers have also been shown to speed the resolution of bruising. If desired, you may have the Excel V laser for your bruised areas.

Take aspirin or ibuprofen as directed on the bottle. This may also decrease bruising and swelling after the bruise has occurred.

WHAT TO EXPECT AFTER YOUR TREATMENT WITH FILLERS, BOTOX/DYSPORE, OR SCULPTRA:

It is possible that after receiving a treatment with an *injectable*, you could experience redness, swelling, and/or bruising. Sometimes the physician or PA will recognize this immediately after treatment, and inform you. Other times, these symptoms may not arise for a day or two. The treated area may also be tender and can remain tender for a few days. All of these symptoms are common and not worrisome unless they persist beyond a week and appear to be getting worse (more tender or swollen) instead of better. Bruising can typically look a little worse (deeper in color) as you heal.

If you have received *Fillers* or *Sculptra*, there can be a small lump that you may visualize or feel in an area. This may be the product or it could be a bruise under the skin. You can gently massage the area to see if it resolves or come in to see your provider so that we can assist with massage or laser treatment for bruising.