

Tips to Reduce Bruising

Before Injections:

1. Two weeks before treatment, be sure to avoid aspirin, Advil, Motrin, Aleve and vitamin E as these products thin the blood. Avoid alcohol the night before treatment, as this also thins the blood.
2. Try consuming pineapple, as it is a well-known anti-bruising fruit. If you don't like pineapple, go to the local health store and pick up bromelain, the active ingredient in pineapple.

After Injections:

1. Ice the treated area on and off for the first 24 hours after being injected with a facial filler.
2. Use warm compresses on the treated area after the first 24 hours.
3. Vitamin K cream can be used on the bruised area, as this can help speed the healing process. This product can be purchased at a health food store.
4. Arnica tablets may prevent bruising or help bruises fade faster. They are available for purchase in our office.

Advil	Dexamethasone	Lortab ASA	Rexolate
Aleve	Diclofenac	Magan	Robasissal
Alcohol	Dipyridamole	Mg salicylate	Roxiprin
Alka Seltzer	Disalcid	Meclofenamate	Rufin
Amigesic	Divalproex	Meclofen	Saleto
Anacin	Doan's Pills	Medipren	Salflex
Anaprox	Dolobid	Mefenamic	Salsalate
Anaproxin	Dristan	Menadob	Salsitab
Ansaid	Easprin	Midol	Sine Off
APC	Ecotrin	Mobidin	Sine Aid
Argesic	Empirin	Monogesic	Thiosalicylate
Arthra G	Emprazil	Motrin	Soma-Compound
Arthropan	Endodan	Nabumetone	Sulindac
A.S.A.	Excedrin	Nalfon	Synalgos DC
Ascodeen	Feldene	Naprosyn	Tanacetum parthenium (feverfew)
Ascriptin	Fenoprofen	Naproxen	Tolectin
Aspergum	Feverfew	Norgesic	Tolmetin
Aspirin	Fiorinal	Norwich Ex.Str.	Topical K
BC Powder	Fish oil	Nuprin	Toradol
Baby Aspirin	Flurbiprofen	Ocufen	Trandate
Bayer	Froben	Omega 3	Trendan
Brufen	4-Way-Cold Tabs	Orudis	Trental
Bufferin	Garlic Capsules	Oruvail	Trigesic
Butazolidin	Gelpirin	Oxyphenbutazon	Trilisate
Cephalgesic	Genpril	Oxybutazone	Tusal
Cheracol Caps	Genprin	Oxaprozin	Vanquish
Children's Aspirin	Ginko Biloba	Pamprin	Vitamin E
Choline salicylate	Goody'sBody Pain	Pepto-bismal	Voltaren
Clinoril	Haltran	Percodan	Warfarin
Congesprin	Halfprin	Persantine	Willow Bark
Cope	Ibuprin	Phenaphen	Zactrin
Coricidin	Ibuprofen	Phenylbutazone	Zorprin
Corticosteroid	Ibuprohm	Piroxicam	
Coumadin	Indameth	Plavix	
Darvon ASA	Indocin	Ponstel	
Darvon Compound	Indomethacin	Prednisone	
Daypro	Ketoprofen	Quagesic	
Depakote	Ketorolac	Relafen	