

TIPS TO REDUCE BRUISING

Before Injections:

- 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.
- 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. If you are allergic or have sensitivities to pineapple, skip this step.
- Arnica tablets may prevent bruising or help bruises fade faster. Start taking Arnica 2-3 days prior to your appointment and continue taking up to a week after your treatment or until any bruising dissipates. Arnica tablets are available for purchase in office as part of the Auriderm Post Procedural Kit.

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 is included in the Auriderm Post Procedural Kit or can be purchased at a health food store.
4. Avoid strenuous exercise for 24 hours after treatment as this may increase bruising.

Medications that may lead to bruising:

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