

TIPS TO REDUCE BRUISING

Before Injections:

1. Two weeks before treatment, be sure to avoid aspirin, Advil, Motrin, Aleve, fish oil 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 health store and pick up bromelain, the active ingredient in pineapple. If you are allergic or have sensitivities to pineapple, skip this step.
3. Arnica tablets or OcuMend patches 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 & OcuMend patches are available for purchase in the office.

After Injections:

1. OcuMend patches can be applied immediately post-procedure to decrease the risk of bruising
2. Vitamin K cream can be used on the bruised area, as this can help speed the healing process. This can be purchased at a health food store.
3. Avoid strenuous exercise for 24 hours after treatment as this may increase bruising.

Please see list of medications that can lead to bruising.

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