

Decreasing Your Risk of Bruising After Cosmetic or Surgical Procedures

Many cosmetic procedures or surgeries can cause bruising and associated swelling. Some of this is unavoidable, however, there are a few things you can do to reduce and minimize the problem.

Pre-Procedure:

- Make sure you are eating healthy; fruits (especially fresh pineapple and blueberries) vegetables and protein.
 - Stay hydrated. Drink a full glass of water 1-2 hours before your procedure and again after your procedure.
 - Do not take aspirin or ibuprofen for **10 days** prior to your procedure. You may use Tylenol products as they will not increase bruising. Check with your doctor if you are using aspirin for heart problems.
 - Do not take the following supplements **10-14 days** before your procedure:
 - * Fish Oil or Flax Seed Oil * Garlic
 - * Melatonin * Gingko Biloba
 - * Red Clover * Ginseng
 - * St. John's Wort * Vitamin E
 - Do not drink alcohol **72 hours** prior to your procedure.
 - Several naturopathic supplements can reduce your risk for bruising and resolve swelling more efficiently including:
 - * Arnica
 - * Vitamin K (a 5% Vitamin K cream applied to the skin will decrease bruising and help to heal more quickly).
- ** All of these products can be purchased at The Parker Skin & Aesthetic Clinic.

Post Procedure:

- Ice immediately and then as needed.
- Keep your head elevated while sleeping.
- Continue the above supplements until bruising is resolved.
- Take Bromelain (pineapple enzyme) up to 500mg twice a day starting immediately following procedure.