

### **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.

#### **After Procedure:**

- Ice immediately and then as needed.
  - Keep your head elevated while sleeping.
  - Continue the Arnica supplement until bruising and swelling is resolved.
  - **IF** you do bruise, start Bromelain Supplement (pineapple enzyme) up to 500mg twice a day immediately following procedure.
- \*\***DO NOT** take Bromelain supplement before treatments as it may increase your risk of bruising