

BRUISE PREVENTION

Prior to any filler, please discontinue certain medications for about 1 week if able, according to your primary care provider. These include Aspirin, any NSAIDS (e.g. Ibuprofen, Naprosyn), St John's Wort, Ginseng, Ginkgo Biloba, Omega 3 fatty acids, fish oil. Do not restart these until 2-3 days after the procedure unless you have no evidence of potential bruising.

Notify RejuvenationMD if you are supposed to take the above medications for medical reasons as you may not want to discontinue them. Coumadin and Plavix are known blood thinners as well but should only be discontinued with the approval of your primary care physician.

Stop drinking alcohol for 1-2 days prior. No garlic for 1-2 days prior.

Take Arnica, 5 pellets 3 times a day for two days prior, the day of and two days after the procedure. Do not take Arnica within 15 minutes of eating but it is okay to drink water. Do not use this medication if you have active heart disease or uncontrolled hypertension. We have tablets available at the office to purchase for your convenience.

If a bruise develops, apply ice immediately or warm compresses at least 2 days after your procedure for 15 minutes twice a day. Do not go back on any of the above mentioned medications for at least 2 days if allowed by your primary care provider. Continue to avoid alcohol and garlic for this period as well. You can apply makeup to cover any bruising. Please call the office if you would like to undergo a short, complimentary procedure to help the bruise go away faster.