

Bruise Minimization Recommendations

Anytime we use a needle, a bruise can happen. We have a few suggestions that may help lessen your chance of bruising:

10-14 Days Prior

- Discontinue Aspirin, Aleve, or Ibuprofen 1 week before your appointment (Tylenol is okay)
- Do not take Vitamin E 1 week prior to injections (Multivitamin is okay)

2-5 Days Prior

- Stop alcohol (especially red wine)
- Start Arnica Montana tablets. Can be purchased over the counter in any supplement aisle

24 Hours Post

- Avoid strenuous exercise
- Avoid extreme heat (sauna's, hot yoga, etc)
- Ice as needed

Supplements that may decrease bruising:

- Bromelain
 - 1000 mg 3x/day as needed for bruising and swelling
- Quercetin
 - 500 mg 1-2x/day as needed for bruising and swelling
- Arnica
 - Apply topically or sublingual per package directions

If a bruise is significant, we can offer a laser treatment to hasten recovery. Please be aware the bruise will temporarily look worse, but then clear faster. If you desire this treatment, please contact the clinic.

REFINE THE TRUE YOU

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