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TIPS TO REDUCE BRUISING

Before Injections:

1. Two weeks before treatment, be sure to avoid aspirin, Advil, Motrin, Aleve 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 local health store and pick up bromelain, the active ingredient in pineapple.

After Injections:

Ice the treated area on and off for the first 24 hours after being injected with a facial filler. Use warm compresses on the treated area after the first 24 hours.

Vitamin K cream can be used on the bruised area, as this can help speed the healing process. This product can be purchased at a health food store.

Arnica tablets may prevent bruising or help bruises fade faster. This product can be purchased at a health food store.

Arnica gel or cream can be applied to bruised area to help bruises fade faster. This product can be purchased at health food store or pharmacy.

Product listed below can cause bruising:

Advil
Aleve
Alcohol
Alka Seltzer
Amigesic
Anacin
Anaprox

Anaproxin
Ansaid
APC
Argesic
Arthra G
Arthropan
A.S.A.

Ascodeen
Ascriptin
Aspergum
Aspirin
BC Powder
Baby Aspirin
Bayer

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

Zactrin
Zorprin