

Before Any Kind of Injected Treatment, Including: Neurotoxin, Dermal Fillers, Kybella, or Sculptra

Although bruising is always a risk and therefore a potentially typical aspect of recovery from any injectable procedure, there are a number of ways you can significantly reduce the risks of bruising. Eliminate the following from your diet and supplement regimen for at least **2 WEEKS before** your treatment.

- aspirin (e.g. Bayer®, Excedrin®)
- ibuprofen (e.g. Motrin®, Advil®)
- naproxen (e.g. Aleve®)
- prescription non-steroidal anti-inflammatory medications (e.g. Mobic®, Toradol®, Indocin®)
- Omega 3 Fatty Acids
- Vitamin E
- Ginko Bilboa
- Ginseng
- St. John's Wart

If you need pain medication in the two weeks before your treatment, acetaminophen (Tylenol®) and tramadol (Ultram) are both safe to take.

If you take any prescription medications that specifically thin your blood or prevent clotting (e.g. Coumadin, warfarin, Eliquis, Pradaxa, Xarelto) you **must** speak with your provider before your treatment to determine how to manage your condition.

In addition to the medications and supplements listed above, it is also **best** to avoid all alcohol for **2 days** before any injections (yes, this means wine too!) Even garlic also thins the blood, and although we recommend that you avoid it for two days too, we do understand that there may be limits to what you can abstain from...

In addition to all of the things you should avoid, there are things that you **should** consume. For 5-7 days before and after your treatment, you should take/eat/drink:

- 2-3 servings of pineapple (fresh is best)
- Bromelain supplements (the enzyme in pineapple that reduces bruising)
- Arnica Montana homeopathic supplements
- Lots of dark leafy greens
- Vitamin K (the vitamin in greens that helps your clotting factors)