**Things to Avoid One Week Before and After Procedures:**

1. All pain relievers except Tylenol: avoid Alleve, Aspirin, Ibuprofen, and even low dose baby aspirin (unless recommended by your physician).
2. Vitamin E and all multi-vitamins containing Vitamin E. Foods high in Vitamin E should also be avoided such as: almonds, arugula, avocados, blueberries, broccoli, olive oil (plain, in salad dressings and on pizza), olives, papaya, spinach, sunflower seeds.
3. Cinnamon and horseradish.
4. Herbal remedies such as Coenzyme Q10 (CoQ10), Fish Oil, Ginger Root, Ginkgo Biloba, St. John’s Wort, Turmeric, etc.
5. Alcoholic beverages (optional).

\*\*The above can interfere with blood clotting and can cause prolonged bruising.

**Things to Take One Week Before and After Procedures:**

We recommend that you purchase Arnica tablets, which is sold in our office for your convenience! Follow the instructions on the package (5 pellets 3 times a day until symptoms are relieved); you can start as early as a few days before your procedure. We suggest that you take them at least the day before and the day of the treatment. You may also want to take them after.

An alternative supplement to minimize bruising **after** the treatment is Bromelain

(pineapple extract). You can take 500mg twice a day for 3 days following a procedure. You should begin taking Bromelain the day of your treatment, after the procedure has been completed. Bromelain can be taken in addition to or instead of Arnica tablets, though Bromelain should not be taken before the treatment, only after.

All filler injections may result in swelling. Please note that it is more common with certain fillers than others and it cannot be predicted. Such symptoms can be reduced by taking an oral antihistamine post procedure. Choose a non-drowsy antihistamine such as Zyrtec, Claritin or Allegra (these are available over the counter).

These are precautions to prevent excessive bruising and bleeding. If you have any questions about the above items, please feel free to contact our office.