



BEFORE-AND-AFTER CARE INSTRUCTIONS FOR

## Bruise Management

- One week before and after treatment, avoid things that may increase bruising and bleeding:
  - Alcoholic beverages
  - Anti-coagulant/blood thinning medications, such as Warfarin and Coumadin
  - Supplements, such as vitamin E and St. John's Wort
  - Nonsteroidal anti-inflammatories (NSAIDs), such as Advil (ibuprofen), Aleve (naproxen), Tylenol (acetaminophen), and aspirin
- For bruising and pain relief, take Arnica Montana five to seven days before and after your treatment.
  - Take five 30 cc pellets, three times per day or
  - Apply cream, ointment, or gel to the injection sites, three times per day
- Use a cold compress on the injection sites, on and off for 48 hours after your treatment.
- To camouflage the bruising, some makeup suggestions are:
  - Jane Iredale Corrective Colors Kit, available at [Ulta.com](http://Ulta.com)
  - Dermablend, available at [Ulta.com](http://Ulta.com)

IF YOU HAVE ANY QUESTIONS OR CONCERNS, CALL

952-593-9310