



# Instructions to Minimize Bruising

## Please Read the Following

### To minimize bruising, please follow the instructions below:

**Avoid Aspirin, NSAIDS (Motrin, Ibuprofen, Naproxen, Aleve, Advil), and NSAID-containing products (Midol, Excedrin, cold medicine).**

**Tylenol is ok to take**

#### **Avoid Green Tea, Vitamin E, and Herbal Supplements**

High doses of Green Tea, Vitamin E, Fish Oil, Ginseng, Omega 3 Fatty Acids, Gingko Bilboa, Flaxseed Oil, and herbal supplements such as St. John's Wart, Garlic, Red Yeast Extract and many others.

It is better and safer to stop ALL supplements at least one week before your treatment.

#### **Avoid Wine & Alcohol the night before and the night of treatment**

#### **Take Arnica, Anti-Bruising Supplements**

If you are prone to bruising or are concerned about bruising, start taking Arnica 4 days before treatment. Continue to take Arnica for 2-7 days after your treatment.

#### **Cold sore**

If you have a cold sore, or you are concerned about having an eruption of a cold sore, try to obtain an antiviral prescription such as Valtrex from your primary provider to prevent an outbreak.

#### **Timing of injection**

Give your self at least 2 weeks before attending important events. Despite all the precautions, every person bruises and responds to dermal fillers and neurotoxins differently. Keep in mind that your needs and responses are different than someone else's, and that your response today may be different than in the past.

#### **Numbing Cream**

If you would like to receive numbing cream before treatment, please notify me by text or email. Come 20 minutes before your appointment to allow sufficient time for the numbing cream to go into effect.



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## **Icing**

We will apply an ice pack to the treatment area before the injection. Please be diligent with icing after the injection

## **Sun screen and sun avoidance**

Avoid sun exposure and heat until the swelling and redness have been resolved. Use sunscreen with a minimum of SPF 30.

## **Exercising**

Refrain from rigorous exercise for 24-48 hours after your treatment (Including: running, climbing, yoga, etc.). Keep your heart rate under 100 beat per minute. **Walking is ok.**

## **Positioning**

Keep your head in an upright position for 4 hours after injections that include neurotoxins such as Botox, Dysport, or Xeomin.

Avoid squeezing or massaging the area treated with filler or neurotoxins for several hours as this could change the results as well as increasing the chance of unanticipated side effects.

For Sculptra, massage the treated area for 5 minutes, 5 times a day, for 5 days

## **What to do for bruising after injection**

Use ice and Arnica right after injections; we will do in the office, but you need to continue using them at home.

*Thank you for choosing Cosmetiq Medicine*

Reviews

<https://www.genbook.com/manager/serviceprovider/feedback/30435564>

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