



## **FILLER AND NEUROMODULATOR CARE** **TIPS**

If you are just having a wrinkle reducer treatment (Botox, Dysport, Jeuveau) these suggestions are good to follow even though bruising is uncommon. However, dermal fillers like Juvederm, Restylane, Sculptra, and Bellafill are slightly more invasive and following these instructions will help to prevent bruises or reduce the appearance quicker.

Here are a few pre and post treatment tips that can help you avoid any unnecessary bruising:

- 1. Avoid Aspirin & NSAIDS** – Aspirin, NSAIDS (Motrin, Ibuprofen, Naproxen, Aleve, Advil) and NSAID-containing products (Midol, Excedrin, cold medicine) are the most potent of the “bruiser”. All of these medications stun your platelets, which are the cells in your bloodstream that stop bleeding and bruising when your blood vessels and capillaries are damaged. If your platelets can’t do their job in sealing off the tiny capillaries that are disrupted during injectable treatments, your likelihood of getting a bruise is much higher than normal. Avoid all of these medications for at least a week prior to your treatment unless medically necessary. If you need pain medication, please consider Tylenol as a substitute.
- 2. Avoid Wine & Alcohol** – Wine and alcohol also have some anti-platelet effects and increase your chances of bruising in the same way that Aspirin and NSAIDS do. We hate to ruin any fun plans, but avoiding alcohol the night before and the night you have your injectable treatment really helps to prevent bruising.
- 3. Avoid Green Tea, Vitamin E, and Herbal Supplements** – High doses of Green Tea, Vitamin E, Fish Oil, Gingseng, Omega 3 Fatty Acids, Ginko Bilboa, Flaxseed Oil, and herbal supplements like St. John’s Wart, Garlic, Red Yeast Extract and many others, act like mild versions of prescription blood thinners and definitely increase your chances of bruising. In particular, Green Tea Extract is known to be one of the most potent “bruisers” on the market, so make sure you curb it well before any injectable treatment. Because there are so many herbal supplements that have unpredictable effects on bleeding and bruising, we recommend stopping ALL supplements at least one week before your treatment.

4. **Skip the Gym** – No exercise except for walking for 24-48 hours after your treatment. Keep your heart rate under 100. Do not do any inversions in yoga or do hot yoga. Damaged capillaries need two things to repair themselves after an injections; functional platelets and minimal blood flow. Exercise and physical activity increases your heart rate, blood pressure, and the flow of blood through arteries, veins and capillaries, including the ones that get damaged during injectable treatments. Also, avoid squeezing or massaging the treated areas for several hours after treatment as this could subtly change the results. If you were treated with the injectable Sculptra, please disregard this note and massage as you were instructed.
5. **Icing** – Apply a cold pack to the treatment area before and after your injections. We recommend applying the ice pack for 5 minutes every 30 minutes. Cold applied to the skin constricts blood vessels and constricted blood vessels are smaller and less likely to get in the way of the needles. An added bonus, the cold will desensitize the area so you will feel less pain.
6. **Anti-Bruising Supplements** – You can try taking two supplements that have been shown to prevent bruising; Arnica and Bromelain. Take Arnica pills a few days before and after the procedure according to package instructions to aid in potential bruise reduction. Arnica is an herbal dietary supplement that has been used for centuries to reduce bleeding and inflammation. If you do bruise after, you can take it each day until bruising has subsided. Bromelain is helpful in reducing any swelling after the procedure and may be taken a few days prior to your treatment and continue for one week after. Bromelain is a pineapple-based enzyme that also helps to reduce inflammation and bruising. You may also consider trying our Ocumend Arnica patches. These small silicone patches contain a high concentration of Arnica and are applied in office directly after your procedure. For best results you would apply one set of patches immediately after and leave on for 6 hours, then reapply a new set to leave on for another 6 hours. These patches can be left on overnight. Arnica combined with Bromelain is available in our clinic for purchase, and there is enough in the bottle for several treatments. If you have ever had a cold sore around the mouth or near the injection site be sure to talk to your practitioner before treatment, so that they can properly prescribe you Valtrex or another anti-viral medication to prevent an outbreak.
8. **Sun Protection** – No excessive sun or heat until any initial swelling and redness have resolved. Proper and frequent use of sunscreen is always important. The sun-screen should offer broadband protection (UVA and UVB) and have a sun protection factor of SPF 30 or more. Wear a hat when outdoors.