

## Bruising Tips

Patients often ask how they can alleviate bruising after having an injectable treatment. We've provided our best inside tips to help with this common side effect!

**Avoid Aspirin or Aspirin containing medications!** Aspirin, anti-inflammatory medications, platelet inhibitors, anticoagulants, Vitamin E and other herbs/homeopathic remedies may contribute to a greater risk of bruising. *If possible*, we recommend that you avoid these medications for seven days before or after injections.

**PLAN AHEAD!** If you have a special occasion on your calendar plan your appointment for injectables well in advance. Many patients experience bruising for 5 - 10 days post injections; allow yourself time between injectable appointments and special occasions!

**Apply Pressure.** Dr. Brown recommends that all of his patient's receiving injections allow an extra 20 minutes to relax in our recovery room while pressure is applied to the injection sites.

**Ice it!** Dr. Brown always allows for extra time pre-injections to cool the area in hopes of decreasing bleeding and thus bruising. The moderate use of cold compresses may decrease bruising.

**Cover it up!** At the completion of your injection appointment we offer all of our patients a kit of make-up products that help treat the immediate bruising and redness. A patient and office favorite includes *Erase Paste* by Benefit.