Tips to Reduce Bruising

Before Injections:

1. Two weeks before treatment, be sure to avoid aspirin, Advil, Motrin, Aleve and vitamin E as these products thin the blood. Avoid alcohol the night before treatment, as this also thins the blood.
2. Try consuming pineapple, as it is a well-known anti-bruising fruit. If you don’t like pineapple, go to the local health store and pick up bromelain, the active ingredient in pineapple.

After Injections:

1. Ice the treated area on and off for the first 24 hours after being injected with a facial filler.
2. Use warm compresses on the treated area after the first 24 hours.
3. Vitamin K cream can be used on the bruised area, as this can help speed the healing process. This product can be purchased at a health food store.
4. Arnica tablets may prevent bruising or help bruises fade faster. They are available for purchase in our office.