

SOUTHWEST CONTEMPORARY WOMEN'S CARE, P.C. Bruise Prevention Protocol

Please follow these recommendations to minimize the risk of bruising and swelling from injections of Botox, Juvéderm or Voluma.

One week before your treatment:

- Avoid taking aspirin or NSAIDs (such as ibuprofen, Advil, Motrin, Aleve), Vitamin E supplements, Omega 3 supplements, turmeric supplements and Ginkgo biloba supplements. Tylenol is fine. You can resume these medications and supplements 24 hours after your injection. If you have any questions or medical concerns, consult your physician prior to stopping any medication or supplement.

One day before your treatment:

- Begin taking an *Arnica Montana* supplement, and continue for 4 to 6 days after the injection. *Arnica Montana* is a homeopathic remedy that may help reduce swelling and bruising. It is sold in our office, or it can be purchased at most health food stores, vitamin stores and major pharmacies. Follow the instructions on the supplement container. If you have a medical condition that has an increased risk of blood clots, or if you are using a medication to prevent blood clots, please contact your physician before using Arnica.

Immediately following your treatment:

- If you have swelling from an injection of Juvéderm or Voluma, you can apply cold compresses (such as frozen peas wrapped in a towel) to the area to reduce swelling and discomfort.

If you bruise, beginning 24 hours after your treatment:

- Apply Arnica gel or cream to the bruised area and gently massage it into the skin 3 times daily. Arnica cream or gel can be purchased at most health food stores.
- Eat fresh pineapple daily. The Bromelain in pineapple may help the body naturally eliminate the bruise.
- If you have soreness or swelling, you may take aspirin or ibuprofen as directed on the container.
- You may cover the bruised area with makeup. We find that concealers and mineral foundations (or mineral foundation layered over concealer) work well, but may need to be applied several times a day until the bruise resolves. Note that gold/yellow tones help neutralize the purple tones in a bruise.
- Cosmetic laser treatment can be used to quickly eliminate minor bruises. Please contact our aesthetics office at (480) 397-1677 if you would like to schedule a spot treatment for a bruise.

Bruising is infrequent, but sometimes occurs following an injection of Botox. Minor bruising and minor swelling is more common following injections of Juvéderm or Voluma. Sometimes bruising or swelling arise a day or two after the injection. The treated area may also be tender for a few days, and bruises often look a little deeper in color as they heal. This is normal. However, if these symptoms persist for more than a few days or get worse (increasingly tender, red or swollen) instead of getting better, contact your physician immediately at (480) 785-2100.