



Maryland Laser Skin & Vein Institute, LLC

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How to Minimize Bruising

Here are some extra steps you can take before a treatment involving injections that can help to minimize bruising:

- Eat 2-3 servings of fresh pineapple beginning 2 days before, and continuing for 1 day after treatment. *Pineapple contains a botanical enzyme that decreases and improves bruising.*
- **Auriderm:** Follow package directions of Auriderm Vitamin K Kit beginning the day of treatment. *Auriderm contains arnica, and a Vitamin K gel for bruising.* Begin the arnica pills as directed before the procedure and continue afterwards. Apply the Auriderm Vitamin K gel twice a day to treated areas after the procedure.
- Avoid medications that may increase the risk of bruising. These include:
 - Antibiotics, such as penicillin and cephalosporin
 - Antihistamines, such as Benadryl and Chlor-Trimeton
 - Blood thinning medication, such as warfarin (Coumadin) and Plavix
 - Chemotherapy medications
 - Nitroglycerin, beta-blockers and calcium channel blockers used in treating heart disease
 - Steroids, such as prednisone
 - Non-steroidal anti-inflammatory drugs (**NSAIDS**), such as **aspirin, Ibuprofen (Motrin and Advil) and naproxen (Aleve)**
 - Supplements, such as **Fish Oil, Ginkgo, Garlic, Vitamin E, Cod Liver Oil and St. John's Wart**
 - If possible, please **discontinue NSAIDS or OTC supplements 7 – 10 days prior** to any injectable. This will help to minimize the risk of bruising.
DO NOT discontinue any prescription medication without the consent of the prescribing physician.

If bruising does occur, a [laser treatment \(http://www.mdlsv.com/Lasers\)](http://www.mdlsv.com/Lasers) can help it resolve faster. If you bruise, please call the office for treatment within 1-2 days after the bruise appears. Laser treatment for bruising is provided at no charge within 5 days of injections performed by MDLSV physicians. Laser treatment for bruising caused by a provider outside of our practice will be billed in accordance with our laser service fee schedule. – See more at: <http://www.mdlsv.com/Minimizing-Bruising/>

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