

# evolution

dermatology + wellness

## **Tips to Avoid Bruising:** (For filler and Botox)

- 2 weeks prior to your procedure AVOID (if not medically necessary):
  - Aspirin, ibuprofen (Advil), naproxen (Aleve), fish oil, Vitamin E supplements, ginger, flaxseeds and flaxseed oil

## **Arnica (Montana) Tablets:**

- This is a natural anti-inflammatory that comes from a plant in the sunflower family. The tablets can be purchased at stores that carry natural supplements such as Whole Foods, Pharmaca, Vitamin Cottage, and GNC. They can be helpful if taken 2 days prior to your appointment and until any bruising has resolved post-procedure.

## **Auriderm Cream:**

- This cream is a 2% Vitamin K oxide, that when applied several times a day, can decrease the duration of a bruise. Vitamin K can block or reverse the formation of hemosiderin, aiding in the resolution of unsightly bruising.