

Preparing for Injectables:

- Do not take any NSAID's (Non-Steroidal, Anti-inflammatory Drugs) for at least a week prior to treatment. These include: aspirin products (Bufferin, Ecotrin, Midol), Ibuprofen (Advil, Motrin), Aleve. They will increase your risk of bruising.
- If you take large doses of vitamin E, lecithin, fish oil, garlic, ginko biloba, or other herbal supplements, please avoid them for a week before your procedure. These may increase your risk of bleeding and bruising. Detailed list below of foods that may affect bleeding and bruising.
- Let us know if you have a history of cold sores (herpes) in the area to be injected. If you have medication for it, you may want to take it to prevent an outbreak.
- If you wear make-up, try not to wear any to your appointment. Wearing some non-mineral make-up can increase risk of infection.
- To reduce bruising and swelling, you may want to take Traumeel, which is available in our office, for two days before and a few days following your appointment. This is a combination herb medication that even helps for surgical procedures.

Detailed list of foods that may affect bleeding and bruising:

Almonds
Apples
Apricots
Blackberries
Boysenberries
Cherries
Chinese Black Beans
Cucumbers
Currants
Garlic
Ginger
Ginko Biloba
Grapes
Pickles
Prunes
Raspberries
Strawberries
Tomatoes
Wine