



TIPS TO AVOID BRUISING with INJECTIONS

Bruising: *how common is it?*

Temporary bruises post injection can happen to anyone, regardless of if they haven't happened before or if you've seen the same injector many times. Even if you follow all of the rules and post procedure instructions, there still isn't a guarantee you won't bruise. The vascular system of the face is very intricate and is different in every person. We want you to be fully informed with all the facts of cosmetic injections in order to avoid future disappointment, shock, or confusion if bruising occurs.

Bruising: *what's going on under the skin?*

A bruise is known as a hematoma. It occurs when small blood vessels break and the contents of the vessels permeate the soft tissue beneath the skin. Bruising is most common on the upper lip, under the eyes, and in the tear troughs.

Timing: *does it matter?*

Faces, just like people, can be unpredictable. Some patients come into the office and relay: "don't bruise me, I have an event tomorrow". We could inject you 20 times without any ramifications of bruising, but on injection 21 you could obtain a bruise. There is no way to predict how a vessel will react to the injection. A big piece of advice to anyone is to try fillers and Botox when you don't have a major life event coming up in the next six months. See how you like the injection, because they may not be for you, and the worst time to figure that out is too close to a huge event (like a wedding!) Bruising can last anywhere from 1-2 weeks, so you have to plan accordingly. In extreme and rare cases, bruising can last longer.

Me: *what can I do?*

As injectors, we will do anything and everything possible to avoid and prevent bruising. This includes applying ice, the placement of the injection, and how we apply pressure post injection.

As the patient, there are many things you can do prior to any Botox or filler that will help:

- One week before and a few days after the injection avoid: aspirin, NSAIDS (Ibuprofen, Aleve, Motrin, etc.), St. John's Wort, Vitamin E, Multivitamins, Krill Oil, Fish Oils, Flaxseed Oils, Omega-3, Gingko, Ginseng, Garlic, and Glucosamine.
- Eat FRESH pineapple – the bromelain in it has been shown to decrease bruising. You can also take bromelain supplements 2 weeks prior to injection.
- Start taking Arnica tablets 5 days prior to injection. You can also use arnica gel five times a day post treatment, as it can help reduce swelling and hasten bruise resolution.
- No alcohol consumption 2 days prior to injections.
- Apply ice or cold packs to the area where you got injected for the first 8 hours post treatment.
- If you got injections in your lips, avoid putting pressure on them with things like straws or water bottles.
- Do not apply pressure to your face after an injection, like getting a massage, for two weeks.
- Avoid applying makeup to the injection site for 24 hours to prevent any unnecessary bacteria from getting into the site since this can lead to infection.

Please do not hesitate to contact our office should you have any questions or concerns following your procedure. 919-948-6355