**Bruising 101**

**What exactly is a bruise?**

A bruise is visible discoloration to the skin caused by bleeding from an injured underlying blood vessel (needle stick).

**How can I lessen my chances of bruising?**

* Up to one week prior to your treatment, avoid the following:

NSAIDS such as Aleve, Motrin, Ibuprofen, BC Powder

Anti-inflammatories such as arthritis medications

Supplements such as Vitamin E, Fish Oil, Omega-3, Ginko Biloba

Alcohol (avoid 1-2 days prior to your treatment)

* For a few days prior to your treatment, take either Arnica Montana or Bromelain (these are natural supplements).

**What can I do to shorten the duration of a bruise if one develops after my treatment?**

* Apply ice to the area as needed (20 minutes on, then at least 20 minutes off, if you want to use this method more than once)
* Apply a small amount of the Alastin Post-injection Serum on and around the injection site 4 times daily or as directed by your physician.
* You may continue to use either Arnica Montana or Bromelain for up to one week following your treatment.
* Bromelain is naturally found in fresh pineapple. Consuming pineapple is thought to minimize bruising (anecdotal).
* Using white vinegar 3-4 times a day for a few consecutive days—put a little vinegar on a cotton ball and hold over top of the bruise for a few seconds. The skin may have the sensation of a burn or sting due to the vinegar’s acidity.

If you are prescribed Aspirin or any other type of blood thinner (for a heart condition or clotting disorder), please do not stop taking this. Call ahead for any questions or concerns.

Where can I find Arnica or Bromelain? Arnica is available for purchase at Ultimate Image. You can also find both supplements at a health food store or Whole Foods.