

THE FIRST GLANCE

Drugs Associated with Bruising and Bleeding

STOP taking 10 days prior to your surgery / Filler treatment

ASA Family

Aspirin/Baby Aspirin
Coated Aspirin/ASA
Anacin/Excedrin
Fiorinal
Robaxisal
Midol

Arthritis Pills

Anaprox/Naproxen
Feldene
Ibuprofen/Motrin/Advil
Voltara/Diclofenac
Alleve (USA)
Toradol
Indocid

Medical Blood Thinners

Plavix
Coumadin
Warfarin

* including Generics *

*** No alcohol consumption the night before ***

All Herbs, Vitamin Supplements & Multivitamins

Cod-liver Oil/Fish oil capsules
Garlic Pills
Vitamin E
Omega -3,-6 fatty acids
Evening Primrose Oil

Ginko
Ginseng
Cannabis (including edibles,
CBD oils)

Foods

Sunflower/Pumpkin seeds/Flax
Green tea
Ginger
Sushi/Salmon/Tuna
Cinnamon

Arnica Montana

Arnica Montana is an herb, which grows in the Swiss Alps. Arnica has been used for hundreds of years by European doctors to reduce bruising and swelling after traumatic injuries. Arnica Montana is recommended by leading plastic surgeons throughout the United States and Canada as a safe, effective treatment for bruising and swelling. Your Arnica Montana has been specially prepared and packaged for you as a patient who is undergoing plastic surgery. Arnica Montana is FDA approved and is so safe it is available without prescription.

Instructions

- Start 4 days prior to your procedure; take 5 tablets three times per day (morning, noon and night).
- After your procedure, you may continue taking tablets until signs of bruising diminish.