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**BRUISING AND SWELLING PREVENTION**

**AVOID/STOP THE FOLLOWING ONE WEEK PRIOR TO TREATMENT:**

- Aspirin (including baby aspirin)
- Non-steroidal anti-inflammatory medications (NSAIDS) (i.e. ibuprofen, Advil, Motrin)
- Omega-3/ Fish Oils/ Ginkgo/ Garlic/ Vitamin E/ Multi-Vitamins
- If you are taking BLOOD THINNERS (i.e. Plavix, Coumadin, Warfarin, Heparin, Aspirin) this may increase chances of bruising. **PLEASE CONSULT WITH A DOCTOR BEFORE STOPPING ANY PRESCRIBED MEDICATIONS!\***

\*\*\*\**ACETAMINOPHEN (TYLENOL) IS ALLOWED*\*\*\*\*

**AVOID THE FOLLOWING FOODS/SPICES ONE WEEK PRIOR TO TREATMENT:**

High consumption of Tomatoes, Curry powder, Salmon, Mackerel, Halibut, Sardines, Herring, Flaxseeds, Canola oil, Soybeans, Pumpkin seeds, Walnuts, Cayenne pepper, Ginger, Paprika, Thyme, Cinnamon, Dill, Oregano, Turmeric, Licorice.

**START/CONTINUE THE FOLLOWING ONE WEEK PRIOR AND POST TREATMENT:**

- Vitamin K (pill or cream form 2x/daily)
- Arnica Forte Pills (available for purchase in our office)

*Icing the injected area(s) also reduces bruising and swelling. Apply ice to area(s) for 1-2 minutes at a time several times a day until bruising is gone (DO NOT APPLY DIRECTLY ON TO BARE SKIN. THIS MAY CAUSE "FROST NIP", COVER WITH PAPER TOWEL OR CLOTH).*

**\*\*\*\*Please be aware that during any cosmetic procedures, especially injections, we cannot guarantee you will not develop any bruising and/or swelling even if taking these precautions\*\*\*\***