TIPS TO MINIMIZE BRUISING AFTER SURGERY

• Discontinue any blood thinning medications as discussed in the pre-surgery information sheet.

• You can DECREASE or AVOID intake of the following supplements for 2 weeks prior to surgery:

  - Garlic
  - Ginkgo
  - Ginger
  - Saw Palmetto
  - Ginseng
  - St. John’s Wart
  - Green Tea
  - Kava Kava
  - Fish oil
  - Vitamin E

The following is information on OPTIONAL supplements you may consider taking prior to surgery:

• **ARNICA** (from the plant *arnica montana*) is an herbal supplement thought to help decrease bruising and swelling after surgery. It can be purchased at any health food store or from our office. Start taking it the day before surgery and continue for one week.

• **BROMELAIN** supplement (pineapple extract), when taken before and after surgery, may help minimize bruising. It is available at any health food store. Take 500 mg twice daily on an empty stomach for 2 days PRIOR to surgery and continue for one week after surgery.

• **Arnika Forte™** is a combination of arnica and bromelain available in our office for purchase ($29.95). It is a one-week course. STRONGLY RECOMMENDED.

• **Auriderm®** post-op gel is a vitamin K formulation that may improve the appearance of post-procedure bruises. It is available in our office for purchase ($19.95).

• Please check with your medical doctor if you have any questions about the safety of these supplements or questions about possible interactions with your daily medications.