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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

