

INJECTABLE PRE-INSTRUCTIONS AND INFORMATION

1. To decrease the incidence of bruising and bleeding, refrain from all blood-thinning medications and supplements 14 days before injectable treatment. If you need to take something for relief of minor aches or pains, YOU MAY TAKE TYLENOL (Acetaminophen). Please refer to your medication sheet for a comprehensive list. If you have any questions, please call our office, and speak with your provider.
2. Please avoid any alcohol for 48 hours before your injectable treatment.
3. If you tend to bruise easily, begin taking homeopathic Arnica 2 days before treatment (used to reduce bruising and swelling) or Arnica Montana as directed which is found at Whole Foods and Vitamin Stores.
4. Ice compresses are used throughout the procedure for your comfort and to help minimize swelling and bruising.