

## POST TREATMENT BRUISING

It is common to experience some bruising after an injectable treatment. The following are some of the injectable treatments available, which may have associated bruising. As an approximate guide, the likelihood and severity of bruising increases as you go further down the list.

Less likely/Less severe

- Keloid scar injections
- Botulinum toxin A injections
- Skin Needling treatments
- Sub Q contour injections
- Dermal filler to deep wrinkles
- Dermal filler to body of lips
- Dermal filler to fine wrinkles
- Vital/Vital Light treatment to face, neck, décolletage or hands
- Mesolis Plus treatment to face, neck, décolletage or hands
- Sculptra injections
- PRP treatment



More likely/More severe

NOTE: You are more likely to suffer bruising if a larger number of injections are required to complete the treatment.

### BEFORE THE TREATMENT

It is advisable and preferable that you do not take any blood thinning medications (eg aspirin or nurofen) for 3-4 days prior to your treatment and do not take any herbal or vitamin supplements (eg glucosamine, multivitamins, fish oils, Vit B or Vit E) for 7 days prior to your treatment. These medications and supplements will increase your risk of bruising and increase the duration and severity of that bruising. If any of these medications or supplements have been advised by your GP please contact your GP to check if you can stop taking them prior to this treatment without any adverse effect on your general health.

## **AFTER THE TREATMENT**

- Avoid alcohol, caffeine, hot drinks and spicy food for 24 hours, as these may exacerbate bruising and swelling.
- Avoid medications such as aspirin, nurofen or anti-inflammatory medications, which are blood thinning agents and may exacerbate bruising, for 24 hours (if these medications have been advised by your GP please check with your GP before stopping them).
- Avoid supplements such as multivitamins, fish oils, glucosamine and Vitamin B or Vitamin E, which are blood thinning agents and may exacerbate bruising for 24 hours (if these supplements have been advised by your GP please check with your GP before stopping them)
- Avoid exercise/exertion for 24 hours
- Avoid excess sun exposure or solarium use for 24 hours
- Apply ice or cold compresses as frequently as required for up to 12 hours after the treatment but be very careful not to rub areas that have been treated with Botox/Dysport.
- Massage the area as instructed with some greasy moisturiser or Arnica cream but be careful not to massage areas that have been treated with Botox/Dysport.

## **IF BRUISING OCCURS**

- Post treatment precautions (listed above) should be continued for a further 48 hours.
- Apply ice as frequently as required to the area injected for up to 24 hours after the treatment. This will help to treat and reduce any bruising.
- You can use **Arnica (or Hirudoid) cream** on the skin and/or **arnica pulvules or tablets** (available from your local chemist) to help rapidly alleviate any bruising. These can be used frequently every 30-60 mins for several days. Please note an aftercare kit containing these products can be purchased from the clinic.

NOTE: bruising can naturally last 1-10 days. They are **TEMPORARY** and will completely disappear over time with no effect on your treatment. Once bruising has formed (after the first 48-72 hours) it is better to apply warmth to the area to encourage the body's natural reabsorption of the bruise from the skin (ie do not ice the area after 48-72hrs – apply warmth to the area).

- Continue to massage the area as instructed but be gentle and use a greasy moisturiser/cream or alternatively massage using **Arnica cream**.
- Please note that the presence of bruising and swelling may give the appearance of unevenness in the area treated. This will settle after 2-3 weeks once the bruising and swelling has completely cleared.

**Please contact the clinic on Ph: 07 55 9333 88 for further advice if required.**