



edgemont
dental care

Suggestions to Minimize Bruising Prior to Botox

We will use a tiny needle. Although every effort is undertaken to reduce the chance of bruising, it is possible to receive a bruise from an injection. By following these instructions, you will reduce the chance of bruising.

- 1) Avoid **Aspirin (ASA)** and **vitamin E** for 7 days prior to your appointment. ASA thins the blood. Vitamin E also can result in more bruising.
- 2) Avoid **Ibuprofen (Advil, Motrin), anti-inflammatory drugs** (ex. Aleve, naproxen) for 3 days prior to your appointment. Tylenol (acetaminophen) is fine, and does not increase bruising.
- 3) Avoid **herbal medications** like ginkgo biloba for 3 days prior to your appointment.
- 4) Avoid **alcohol** for 24 hours prior to appointment.
- 5) Eat 2 Kiwi fruit per day for 2 days prior and after your appointment. Kiwi contains bromelain, which helps reduce bruising.
- 6) If you are on blood thinners, or have any bruising problems, please notify our office prior to your treatment.
- 7) Bruising can usually be covered with make-up.

Dr. R. A. Varda Inc.
Suite 2 - 3046 Edgemont Blvd.
North Vancouver, BC V7R 2N4

telephone: 604.985.9535
fax: 604.985.9539
email: info@edgemontdentalcare.com