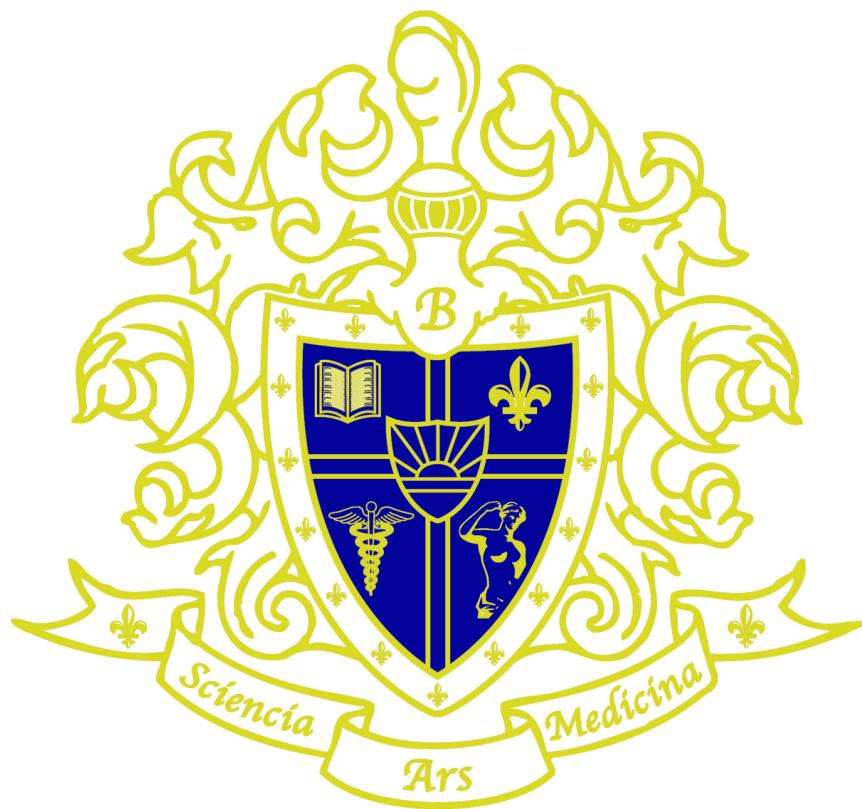


# BRUIISING



**Beeson Cosmetic Surgery**

## **Can you avoid bruising with fillers?**

What you do pre-treatment and post-treatment can dramatically impact your result and help you avoid any unnecessary bruising. It is important to realize that bruising is a frequent, but fortunately temporary, complication of fillers. According to studies of FDA clinical trials that involved over 2600 patients, 67% of all dermal filler patients bruised. Bruising lasted more than 7 days 26% of the time. Dermal filler injections around the lips reported the highest level of bruising. Nasolabial fold filler patients appear to have experienced the least bruising.



It is best to avoid planning important work or social events for 2–7 days following treatments. If you are a person who bruises easily, you may need to allow up to 2 weeks for healing. Most bruises can be covered effectively with makeup and many do not require cover-up at all. However, while most bruising resolves within 2–7 days, sometimes bruising can last up to 2 weeks or longer. For that reason, it is important to plan accordingly for important work and social engagements.

### **Do's and Don'ts to Avoid Bruising**

- 1) Avoid aspirin, NSAIDS (ibuprofen, Aleve, Advil, Motrin, naproxen) and NSAID containing products (Excedrin, cold medicine, Midol).

These medications decrease the ability of platelets in your blood to aggregate and form clots. If platelets cannot clot, they cannot seal off the tiny capillaries that are disrupted during your injectable treatments. That makes the likelihood of a bruise significantly greater. If pain medication is necessary, consider taking Tylenol. Aspirin and NSAID medications can have a prolonged effect and need to be stopped 1–2 weeks prior to treatment to be most effective.

Patients on warfarin (Coumadin) or Plavix should not stop those medications without first consulting their prescribing doctor. Be sure to let your treating doctor know you are on these medications before any treatment.

- 2) Avoid wine and alcohol 1–2 days before your treatment and one day following treatment. Alcohol can have a similar anti-platelet effect as does aspirin. Avoiding alcohol before your treatment and for 24 hours after treatment can significantly reduce your potential for bruising.

3) Avoid green tea, vitamin E, fish oil, and herbal supplements.

Green tea  
Vitamin E  
Fish oil  
Ginseng  
Garlic  
Omega-3 fatty acids  
Ginkgo biloba  
Flaxseed oil  
St. John's wort  
Bridge East extract

Various supplements can have an effect similar to prescription blood thinners and markedly increase your chance of bruising. Because so many herbal supplements have unpredictable effects on bleeding and bruising, it is recommended that you stop all supplements at least one week before your treatment and for one week following treatment.

4) Skip the Gym: It is recommended that you avoid vigorous exercise 24-48 hours following your treatment and to keep your heart rate under 100. Increasing your heart rate and blood pressure can cause damaged capillaries to leak and result in more bruising. It is also important to avoid squeezing or massaging treated tissues for several hours following treatment, unless your doctor advises you otherwise. (Certain injectables such as Sculptra require massage after treatment—follow directions of your physician).



5) Anti-bruising Supplements: This is somewhat controversial and there is no firm scientific evidence that anti-bruising supplements work. In fact, some feel that they may actually facilitate bruising. Nevertheless, some physicians recommend taking Arnica Montana pills 4 days before and after the procedure, in order to reduce potential bruising. This is an over the counter (OTC) herbal dietary supplement that has been used for many years. Place 4 pills under your tongue twice a day. If you do bruise, you can take Arnica Montana each day until the bruising has subsided. (Do not take Arnica Montana if you have high blood pressure or heart problems).

Try eating pineapple 2-3 times for 1-2 days prior to injections. There is no scientific documentation regarding effectiveness (only anecdotal evidence) that this is effective. Bromelain supplements (pineapple extract) can have serious side effects, so they are not recommended.

Some physicians recommend increasing vitamin C intake and eating more foods rich in vitamin K (spinach, parsley, broccoli, brussels sprouts, and romaine lettuce) for several days prior to treatment.

### **During Treatment**

#### **1) Numbing Cream**

Numbing cream applied 20–30 minutes before injection will help reduce discomfort associated with the treatment as well as help to reduce bruising. Some anesthetic numbing creams constrict blood vessels, which help to reduce bruising.

#### **2) Icing**

Apply a cold pack to the treatment area before and after the injection. Cold helps to not only provide an anesthetic effect to help reduce discomfort, but also helps to constrict blood vessels to further reduce the chance of bruising.

#### **3) Apply Pressure**

Applying direct pressure immediately after the injection is probably the most effective way to help reduce bruising. The direct pressure helps to minimize "leakage" from blood vessel capillaries and allow time for the platelets to seal the areas.

### **Following Treatment**

It is important to remember that it can take 7–14 days to obtain the desired effect of cosmetic treatments and that it can take as long as 4 weeks to obtain the full cosmetic effect. It is also important to remember that most minor problems will resolve in 1–2 weeks by just being patient. However, taking the following steps during the recovery period can help to reduce bruising:

- 1) Avoid alcohol for 24 hours after treatment.
- 2) Avoid exercising for 24-48 hours after the procedure. Keep your heart rate under 100 and avoid strenuous physical activity.
- 3) Avoid squeezing or massaging the treated area for several hours after the procedure (some injectable fillers, such as Sculptra, require massaging following treatment - so follow the advice of your doctor).
- 4) Avoid aspirin or aspirin-containing compounds for 2 days following treatment.
- 5) Apply cold compresses to treatment area for 5–10 minutes an hour while awake for up to 48 hours.
- 6) Avoid sunburn—use a broad-spectrum sunscreen with a sun protection factor (SPF) of 30 or more.

## **Closing**

In cosmetic surgery, it is important for the physician to understand the goals and objectives of his or her patient, and that those goals and objectives can vary dramatically with age.

Individuals in their 20s desire to enhance their youthful appearance. They want to "improve, natural qualities", and they prefer a natural, unoperated look. On the other hand, patients between the ages of 35-55 typically want to "recapture a more youthful appearance". Those patients 55 years of age and older want to maximize an "age-appropriate" appearance. The key point is that patients in all these groups desire to have a natural, unoperated appearance. To do this, it is important to maintain global balance, symmetry, and proportion.

Fillers can provide that "refreshed", natural look for patients in their 20s and 30s. When skillfully performed, fillers can "postpone" for several years the need for more extensive "rejuvenation" surgery in those patients in their late 30s and 40s in whom the aging process has advanced and the environmental factors of wind and sun have taken their toll. Patients in their 50s and older who have had "restorative" procedures can utilize fillers to help maintain and refine results after their surgery.

Because of their lower cost, reduced recovery time, low complication rate, and excellent aesthetic results, we can anticipate the popularity of injectable fillers for both men and women to continue to increase and popularity.

