

HOW TO PREVENT BRUISING

MEDICATION – common medicines such as aspirin and anticoagulants can affect your bodies clotting ability predisposing to bleeding and easy bruising. Steroid treatments and non-steroidal anti-inflammatories can affect clotting and cause easy bruising. Even over the counter medications such as vitamin E, fish oil. Garlic, Tumeric, St Johns Wart and omega 3 fatty acids can increase the risk. The best thing is to AVOID any of these medicines for at least 7 days prior to any treatment unless medically indicated (such as aspirin). It is important to discuss your medications and medical history with your doctor prior to having any cosmetic treatment.

ALCOHOL– drinking alcohol can increase clotting time and increase the risk of bruising. If you want to help decrease the risk of getting a bruise do not touch alcohol for at least 7 days prior to a treatment (and for 7 days afterwards).

ARNICA – taking arnica supplements prior to (5-7 days) and after any treatment can help to reduce the risk

VITAMINS – increasing your intake of vitamin K, vitamin D and Zinc can all help to reduce the risk of bruising

COOLING – Cooling the skin with ice or a cool compress both during injections and following the treatment can reduce the risk of a bruise developing or getting worse

OTHER FACTORS

Medical history – certain medical conditions can cause increased bruising such and liver and hematological disease, old age, vitamin deficiencies such as Vitamin C and Iron deficiency

Unfortunately a bruise can still develop despite our best intentions. However, there are certain situations when a needle is required and the risk of a bruise must be accepted.

A bruise can happen with the very best cosmetic physicians, and if one does occur it is important to care for it to speed up the healing time. Bruising after injections can sometimes be scary for the patient (and look awful) but rest assured even the biggest bruise (or hematoma which is a collection of blood under the skin) will resolve naturally without any intervention. Effective aftercare and patience is key in these situations.

BRUISE TREATMENT

Apply a cool compress to the skin for the first 24 hours to encourage vasoconstriction. Using a cool compress for 10 minutes every hour will help to minimize any bruise formation.

Do not massage or apply heat to the area as this may make the bruise larger and cause more trauma to the area.

Avoid any heat inducing activities after treatment (even if no bruise is evident) as this can increase blood pressure and blood flow to the area. This includes heavy exercise, hot spas and showers and steam rooms.

Apply a vitamin E, vitamin K and/or arnica healing cream. This can help to fade a bruise and aid in the healing process.

Arnica and bromelain (derived from pineapple) supplements can also reduce bruising and swelling.

IPL laser can be used in some cases for significant bruising. We offer IPL treatments to patients who develop bruising, and the treatment can be added on to any cosmetic injectable treatment immediately afterwards as a way to reduce the risk of developing a bruise, and also to encourage healing and a reduction in swelling.