

Recommendations For Bruising:

Fresh Pineapple & Papaya

- Active ingredient, Bromelain, can also be purchased in nutritional supplements

Arnica/ Arnicare- all natural cream or gel that reduces pain, swelling & discoloration due to bruising. Can also be used to soothe muscle aches, reduce inflammation, and heal wounds.

- Averages \$8-9 per 2.5 oz tube, can be purchased at most drugstores: Walmart, Wegmans, GNC, Vitamin Shoppe, Whole Foods, Target, www.drugstore.com



Recommendations For Staining:

Bio-Oil A moisturizing oil to help improve appearance of scarring and uneven skin tones. Contains Vitamins A & E, Calendula, Lavender, Rosemary, & Chamomile Oils. Non irritant safe for sensitive skin. Lightweight and non-greasy. It should be used for a minimum of 3 months and massaged in a circular motion until fully absorbed.

- Use twice daily to areas of staining
- Averages \$12-\$30 for 2 fl oz- 6.7 fl oz bottle
- Can be purchased at most drugstores: Target, CVS, Walgreens, Rite Aid, Wal-Mart, Costco, Baby Depot, Harris Teeter, Safeway, Vitamin Shoppe, Ulta, Wegmans, Amazon.com



For Stockings:

“It Stays” Body Adhesive- To assist stocking wear and comfort by holding stocking in place at thigh area.

- Can be purchased at most medical supply stores or from www.discountsurgical.com, averages \$8-10 per roll on tube



