



Natural Image Cosmetic Surgery & MedCenter
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Precautions Regarding Bruising after Botox/Filler Treatment

Please review the following list of medications, herbs, and vitamins at least 7 days prior to your scheduled treatment date. It is very important that you DO NOT take any of the listed medications, as this can greatly increase your risk of bruising and excess bleeding. We also recommend that you do not consume any alcoholic beverages in this time frame as well. Many common herbs, over the counter medications, and prescriptions are capable of causing bruising during and/or after your treatment. If you are currently using a prescription drug prescribed by a doctor other than Dr. Sikorski, check with that physician to be sure it will be in your best interest to discontinue your medication/s 3 weeks prior to your treatment date. Please take time to check all medications you are currently taking for any of the below listed ingredients!

Medications NOT recommended before injectable treatments include but not limited to:

Advil	Aspirin	Darvon	Indocin
Alcohol	Bufferin	Doloboid	Indomethacin
Alka Seltzer	Brufen	Dristan	Meclomen
Aleve	Cephalagesic	Easprin	Medipren
Anacin	Cheracol Capsules	Ecptrin	Midol
Anaprox	Childrens Aspirin	Empirin	Motrin
Anaproxiii	Clinoril	Emprazil	Multi-Vitamins
APC	Cold Medicine	Excedrin	Nalfon
Arthritis Remedies	Congesprin	Feldene	Naprosyn
5 ASA	Cope	Fiornal	Norgesic
Ascodeen	Coricidin	Heparin	Nuprin
Ascription	Coumadin	Ibuprofen	Percodan

Recommended 7 days prior through 5 days after injections:

Bromelain 500mg (pineapple enzyme) 1 tablet 2 times daily

and

Arnica Montana 500mg 12C, 1 tablet every 6 hours

Herbs/Vitamins NOT recommended before procedure includes, but not limited to:

Capsium (Cayenne)	Melilotus (SweetClover)	Hydrastis (golden Seal)
Garlic	Ceanthus	Mahonia (Oregon Grape)
Ginko Biloba	Chrysanthemum Parthenium (feverfew)	Common Blueberry
Ginseng (All Types)	Leucanthemum (Oxe-Eye Daisy)	American Mandrake
Kava Kava	Chinese Red Sage	Populus Tremuliodes (Aspen)
St. John Wort	Betula (Birch)	Salix (Willow)
Vitamin E	Niacin	Multi- Vitamins
Juice Plus	Fish Oil	

Medications that ARE allowed for headache, pain or allergy:

Claritin	Fiorcet	Sudafed	Tylenol	Vitamin C
Imitrex	Zyrtec	Tylenol#3	Calcium	Darvocet