

# Injectables and Fillers: How to Help Prevent Bruising

- Avoid alcohol 24 hours before and after treatment.
- Avoid any physical activity that elevates your heart rate 24 hours before and 24 hours after treatment.
- Avoid hot tubs for 2 days after treatment.
- Sleep elevated the night of treatment.
- Avoid taking non-prescribed Aspirin, Aleve, Advil, Omega 3/9, Flax Oil, St. John's Wort, and high doses of Vitamin E supplements for 2 days before and after treatment.
- Never discontinue the use of prescribed blood thinners, including Aspirin, unless approved by the prescribing physician.
- You can purchase Anti-bruise Kit or Ocumend Healing Gel Pads from TMC.
- Use gel cool pack, provided to you at your treatment, in a rotating movement for 15 minutes after treatment. If doing fillers, you can put the gel pack back in freezer and use again 15 minutes at a time if you think you are bruising.

Call our office if you have any questions or unexpected issues after the procedure.



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