

Medications To Avoid Five Days Prior To Some Procedures

NSAIDS (Advil, Motrin, Ibuprofen)

Aspirin

Vitamin E

Green Tea

Garlic

Ginko

Ginseng

St. John's Wort

Aleve

Midol

Alka Seltzer

Ginger

Red Wine

Celery Root

Fish Oil

Kava Kava

To Help with Healing

Bromelain is a substance naturally present in the mature pineapple stems (*Ananas comosus*), and it contains proteolytic enzymes. Over the years, it has been used in medical settings for its antithrombotic, fibrinolytic and anti-inflammatory effects. Its use results in less edema, pain and inflammation. Although there is no standard recommended dose for bromelain consumption, this substance has been used in different doses ranging from 200mg to 2000mg.

Arnica also decreases bruising for the same reason and can be found in the tablets or cream form at most food stores.

******WHEN SCHEDULING APPOINTMENT PLEASE MAKE SURE TO TELL RECEPTIONIST YOU WOULD LIKE APPOINTMENT FOR "FILLER". This ensures plenty of time for perfection 😊**