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Lowering the risk of bruising from cosmetic & surgical procedures

It is not uncommon to develop bruises after routine cosmetic and surgical procedures, including simple needle punctures. Most bruises are usually mild but sometimes a more pronounced bruise will develop that will be quite obvious and may be difficult to cover with most conventional cosmetic makeup. Surgery around or above the eyes, injections in the crows' feet areas, and filler treatment under the eyes are areas that are more prone to bruise. Bruises are usually noted shortly after the procedure, but sometimes a bruise might not be noted until the next day. Bruises often expand over several days as the blood that has leaked from a blood vessel slowly moves outward from the site.

Some people are at a higher risk of developing a bruise, including older individuals and those with some types of liver, kidney and blood disorders.

A number of medications increase the risk of bruising, particularly blood thinners (Coumadin/warfarin, Pradaxa/ dabigatran, Xarelto/rivaroxaban), aspirin and aspirin like medications (naproxyn/Aleve, ibuprofen/Motrin/Advil). If you need something for pain relief it is OK to take acetaminophen (Tylenol) as it does not increase the risk of bruising. Other ingestants that may increase the risk of bruising include alcoholic beverages, vitamin E, fish oil, angelica, clove, ginger, ginkgo biloba, ginseng, glucosamine, and turmeric.

How can I lessen my risk of bruising?

There are things you can do to lessen your risk of bruising and other things you can do to limit the size, duration and appearance of a bruise. If you bruise easily, **take vitamin C daily** (EsterC with bioflavenoids has shown to be helpful in scientific studies). Avoid taking aspirin at least ten days before a treatment, and avoid taking naproxyn/Aleve, ibuprofen/Motrin/Advil at least five days before treatment. Also avoid the other ingestants mentioned above for a few days before treatment if possible. Placing ice on the treatment site just before & aftertreatment can lessen the risk of bruising.

How long do bruises last?

Most small bruises clear in a few days to a week, although rarely a larger bruise can last longer than two weeks.

What can I do if a bruise develops?

If a bruise begins to develop you can hold pressure and elevate the site (sit up if it is on your face). Applying ice immediately with pressure can also help. Other treatments (available in pharmacies and health food stores) that may be of some benefit include

- **Tincture of arnica or arnica gel** onto the bruise and
- **Bromelain**, a pineapple enzyme, taken orally, may help speed up the resolution of bruising.

If you want to take extra measures to be best prepared if you get a bruise, you should arrange to get a superior quality cover-up makeup such as Covermark or Dermablend. It is best to go to a cosmetics counter and sample the tints to find one that best matches your skin. Learn more at:

<http://www.dermablend.com/findyourshade/index.aspx>

Find a store that sells Dermablend at: <http://www.dermablend.com/stores/>

Here are a few of the stores in and around Vermont that sell Dermablend:

Dermablend Pro Retailer - MACY'S in Burlington , VT	67 Cherry Street	802-865-3000
Dermablend Pro Retailer - MACY'S in Manchester , NH	1500 South Willow St.	603-669-3800
Dermablend Pro Retailer - MACY'S in Nashua , NH	310 Daniel Webster Highway	603-891-3800
Dermablend Pro Retailer - MACY'S in Springfield , MA	1655 Boston Road	413-543-4700
MACY'S in Albany, NY	Wolf Road	518-459-1950

Call our office if you think your bruise is excessive or if it develops into a bump.