



*all about aesthetics, pc*  
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**FOODS AND SUPPLEMENTS MUST BE AVOIDED PRIOR TO PROCEDURE!**

1-Blood thinners must be avoided one WEEK prior to surgery/procedure and THREE days after surgery/procedure. Blood thinners can greatly increase risks of bleeding and bruising (as well as complications from bleeding in the eye area, following eye surgery, such as blindness).

2-Take Vitamin C (1500 mg each day) for one WEEK prior and for 2 months afterwards (for Silikon 1000) and for 6 months afterwards for all other fillers.

3-Take Arnica for 2 days prior to procedure, day of the procedure, and for 3 days after procedure.

It is **IMPERATIVE** that you avoid all blood thinners **except as indicated by your physician.**

**Blood Thinners include:**

Acai Berry	Heparin
Advil	Ibuprofen
Alfalfa	Kale
Alka Seltzer	Licorice
Aleve	Lovenox
Arthritis meds	Meloxicam
Aspirin	Motrin
Bengay	Omega-3 (Fish Oil)—you CAN eat shellfish!
Clove Oil	Persantine
Conchena Bark	Plavix (clopidogrel bisulfate)
Coumadin	Red Wine
Darvon	Spinach
Dong Quai	St. John’s Wort
Feverfew	Steroids
Garlic	Ticlid (ticlopidinehydrochloride)
Ginger	Turmeric
Ginko Biloba	Vitamin E
Goody Powders	Vitamin K
Ginseng	

Note: Tylenol (which is Acetaminophen) is not a blood thinner; **it is okay to take**

When in doubt about a medicine or herb and its tendency to cause bruising or bleeding, call your pharmacist.

\*\*\*Please note that many ethnic foods (Chinese, Italian, Mexican, etc.), can be the cause of bleeding and bruising during and after procedures/ surgeries.