

FOODS & SUPPLEMENTS THAT ARE NATURAL BLOOD THINNERS THAT MUST BE AVOIDED PRIOR TO PROCEDURE!

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

2-For all procedures that involve collagen production as a goal, take Vitamin C (1000 mg each day) for *one WEEK* prior and for *2-6 months* afterwards.

3-Take Arnica for *2 days* prior to procedure, the *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.

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—all other alcohol is OK!
Darvon	Spinach
Dong Quai	St. John's Wort
Feverfew	Ticlid (ticlopidine hydrochloride)
Garlic	Turmeric
Ginger	Vitamin E
Goody Powders	Vitamin K

TYLENOL (ACETAMINOPHEN) IS OK TO TAKE FOR PAIN!!

Note: anytime needles are used, there can be no guarantee of “No bruise”....however, **if you avoid these foods/supplements, we can guarantee that any bruising you might get will be substantially smaller and go away substantially faster!!**