

INJECTABLES: How to Prevent Bruising:

When it comes to anti-aging products and procedures, we've certainly jumped into a new era of ease haven't we? From Botox to Dysport, Juvéderm to Restylane — it's waaaay easier to pretend those fine lines and wrinkles never existed at all with a few well-placed injectables. And we here at [Project Beauty](#) aren't about to let you muck it up.

With the help of a recent article in the *Miami Herald* called "How to Prevent Bruising from Botox," let's review... um... how to prevent bruising from your injectables.

While bruising is a common and normal side effect of any sort of injection, it's also a sure-fire way to let an ugly purple-ish mark steal the spotlight from your flawlessly wrinkle-and-furrow-free face. And if you're anything like me... you are *not cool* with that.

So here are a few pointers to help keep any injectable related bruising to a minimum. The big one? AVOIDANCE.

No, no. Not the handy-dandy type of avoidance that helps you pretend all is well in your drama-filled relationship, business, general life itself. We're talking a more tangible type of avoidance — as in avoiding certain medications, supplements and al-chee-hol. (*Tears)



It seems medications like aspirin, Advil, Aleve, Motrin and ibuprofen (any NSAID pain relievers) can thin the blood, making it easier for a bruise to rise on up to the surface of your delicate façade.

And if you're feeling all smug about your shunning of pain relievers in general... let's review your dependence on supplements, shall we? While vitamins and herbs like ginko biloba, ginseng, omega-3, St. John's Wort and vitamin E might do a bang up job at boosting brain-power, eliminating toxins and giving you a glorious mane of luscious locks... it can also do a bang up job of making you look... well... a little banged up. Dr. Leslie Baumann, courtesy of the *Miami Herald*, recommends laying off these (and the pain relievers listed above) for at least 10 days prior to your appointment. (*And lest you think your green tea habit is safe. It's not. So put it down.*)

(*You might want to sit down for this one.*) 24 hours prior to your appointment, exchange your wine... for whine. As in you cannot have any. Deal with it.

So what's a gal seeking perfection to do? A few things:

1. Switch to Tylenol (acetaminophen) instead of the aforementioned NSAID pain relievers.
2. Put down the glass. No. Seriously. Put it down.
3. Eschew the list of supplements that won't help and replace them with ones that will. Arnica (one tablet the morning of your appointment and every six hours after your injection until you're free of bruising,) and bromelain, a pineapple-based enzyme (500mg. three times a day for three days after injection.)

So, see? Your inclination to avoidance can help you in more ways than just ignoring that nagging feeling that a work deadline is looming. It can also help you avoid replacing that fine line or wrinkle with an unsightly bruise. Voila! You're that much closer to perfection.