

DR. ELIZABETH LOURENS

M E D I C A L A E S T H E T I C S

science - health - beauty



Bruising Information Sheet

Please discontinue the following medications, foods and supplements 2 days prior to your cosmetic injections to help minimize bruising and bleeding:

ASA FAMILY

Aspirin/Baby Aspirin
Coated Aspirin/ASA
Anacin/Excedrin
Fiorinal
Robaxisal
Midol

ARTHRITIS PILLS

Anaprox/Naproxen
Feldene
Ibuprofen/Motrin/Advil
Voltaren/Diclofenac
Toradol
Alleve (USA)
Indocid

MEDICAL BLOOD THINNERS

Plavix
Coumadin
Warfarin

FOODS

Sunflower Seeds
Green Tea
Ginger
Sushi
Salmon
Tuna

HERBAL AND VITAMIN SUPPLEMENTS/MULTIVITAMINS

Cod-liver Oil/Fish Capsules
Garlic Pills
Green Tea
Vitamin E
Omega - 3, - 6 Fatty Acids

ALCOHOL

Red Wine

If you have any concerns please call Connie or Jacquie.