

## Treatment for Bruising

Any time the skin is broken, bruising can occur. If you bruise after any procedure in our office these are our recommendations for helping the bruise resolve as quickly as possible.

1. **Arnica Montana** supplements and gel. Follow the directions for Trauma. Oral tablets can be purchased at our office for \$15.00 and topical treatments can be found over the counter.
2. **Vitamin K Healing Cream**. This topical moisturizing cream can help to heal bruising from the outside in. It can be purchased from our office for \$10.00.
3. **Pineapple**. ½ to 1 whole **fresh** pineapple daily. (Not canned or frozen) The Bromoline enzyme is in the highest concentration near the core. This cannot be eaten at the same time as a protein (dairy is a protein), so we suggest it as a snack blended with other lighter fruits and ice.
4. **Ice Ice Ice** applied frequently in the first 48 hours.
5. **Skin Rejuvenation “zap” with our IPL Laser**. Make an appointment with one of our Aestheticians to have the bruised area “zapped”. The IPL Laser targets the pigment in the bruise and can help to break down the bruise faster. The cost per “zap” is \$50.00.

It is important that you remember none of these are miracle cures that will immediately remove a bruise, but all of these can lessen the time you have a noticeable bruise. Please call the office with any questions.