

7 Day Bruising and Swelling Treatment for Fillers

To minimize bruising and swelling, we encourage you to avoid any blood thinning agents starting 7 days prior to your treatment, including: aspirin, ibuprofen, **alcohol** and vitamin E.

In addition we strongly suggest taking our Arnika Forte to address swelling and bruising. It is the only combined Arnica Montana and Bromelain capsule on the market. It can only be purchased from a physician and it's sourced from the highest pharmaceutical grade sources available and is the highest strength of both arnica and Bromelain available.

Protocol:

Treatment starts the day before or the day of your treatment and continues for 7 days after. Take two tablets per day for a total of 7 days or until your bruising and swelling has subsided.

Each vegetable capsule contains the following ingredients:

- **Bromelain - 100 mg (2400 GDU)** Bromelain is a proteolytic enzyme from extract of pineapple stem - Helps to dissolve the bruise by digesting the proteins in the bruise.
- **Homeopathic Arnica Montana 30 x - 1000 mg** -Anti-inflammatory agent
- **Bioflavonoids - Grape Seed Extract - 240 mg and Rutin - 100 mg** - Vasoprotectants to help strengthen capillary walls and reduce extent and duration of bruising
- **Vitamin C - 240 mg** - Anti-oxidant

The vegetable capsule aids in faster absorption. Arnika Forte contains no artificial dyes or colorants.

The formulation does not contain lactose or sugar, as do some of the Arnica Montana products.