
MINIMIZING BRUISING

Many medications may increase the risk of bruising.

These include:

Antibiotics, such as penicillin and cephalosporin.

Antihistamines, such as Benadryl and Chlor-Trimeton

Blood thinning medication, such as warfarin (Coumadin)

Chemotherapy medications

Nitroglycerin, beta-blockers and calcium channel blockers used in
treating heart disease

Steroids, such as prednisone

Nonsteroidal anti-inflammatory drugs (NSAIDS), such as aspirin,
Ibuprofen (Motrin and Advil) and naproxen (Aleve).

Supplements, such as Fish Oil, Gingko, Garlic, Vitamin E, Cod Liver Oil
and St. John's Wort

If possible, please discontinue NSAIDS or OTC supplements 7 – 10 days prior to
any injectables. This will help in minimizing the risk of bruising.

Do not discontinue any prescription medication without the consent of your physician.

- Diplomats, American Board of Dermatology • Fellows, American Academy of Dermatology •
 - Fellows, American Society for Dermatologic Surgery •
- Fellow, American College of Mohs Micrographic Surgery and Cutaneous Oncology •