

Let's  Bruising

10 days BEFORE surgery **STOP** the following:

- STOP**- everything that is a blood-thinner- Aspirin, Baby Aspirin, Ibuprofen, Alleve (naproxen), Excedrin & Tumeric
- STOP**- Vitamin E, Fish Oils, CoQ10, Flaxseed, or St. John's Wort
- STOP**- No alcohol 1-3 days prior to your surgery
- STOP**- NO, repeat NO, tobacco product usage

DO:

7 days BEFORE surgery do the following:

- DO take Arnica Montana* pills- 1 dose every 12 hours
- DO take Bromelain* supplements 1 dose every 12 hours
- DO- MINIMIZE foods high in salicylates: green peppers, olives, mushrooms, tomatoes, apricots, cantaloupe, and raisins
- DO- Drink 1 glass of **pineapple juice** 3 times per day. And eat foods such as **Kale, Spinach, Broccoli, and Brussels sprouts**



*Note this are vitamins, not medications per-se. Dosing will vary by brand. By from trusted high quality brands and vendors. (GNC as an example)