

Saint Luke's Dermatology
4320 Wornall Road, suite 513
Kansas City, MO 64111
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Patient Reminder

Please avoid the following at least 10 days prior
to having injections

- **St. John's Wort**
- **Vitamin E**
- **NSAIDS**
 - **Aspirin**
 - **Advil**
 - **Motrin**
- **Ibuprofen**
- **Green Tea**
- **Ginkgo**
- **Ginseng**

To prevent bruising we recommend Bromelain 500mg twice a day
for 3 days prior to office visit and 3 days after office visit.
(Available at all drug stores over the counter.)