

## What is the benefit of taking Arnica Montana?

Arnica Montana is a homeopathic remedy that is useful for treating bruising and swelling associated with the type of mild soft-tissue injury you may experience following procedures like LipoShape™, Botox®, Dermal Fillers and FractionalRx™.

It is believed that Arnica Montana increases the flow of blood through the affected capillaries causing escaped fluids to be absorbed. The absorption of the fluids makes black and blue marks fade faster and reduces the swelling, relieving the pressure on nerve endings. Arnica Montana also stimulates white blood cells, which then help disperse material trapped in bruised tissue. Taking Arnica Montana tablets before your treatment, and applying Arnica Montana cream following the service, may significantly speed your healing time and minimize the amount and term of your bruising.

## Arnica Montana is a homeopathic medicine. What is homeopathy?

The literal interpretation of homeopathy is “like treating like”. The guiding principle behind homeopathy is that our bodies have natural defense mechanisms to aid in healing. This is often reflected as symptoms. While prescription medications tend to suppress symptoms, homeopathic medications try to elicit them. This approach helps to heal the body faster.

## When should I start taking Arnica Montana tablets?

You should begin taking Arnica Montana 7-14 days prior to your LipoShape™, Botox® and Dermal Filler service. If you’ve experienced bruising after your first FractionalRx™ treatment, prepare for future treatments by taking Arnica Montana 7-14 days prior to treatment. If you are taking Arnica Montana tablets in preparation for your LipoShape™ treatment, do not take them the day of your treatment. You do not need to take the tablets following treatment.

## How do I use Arnica Montana cream?

After your treatment has been completed, apply a thin layer of Arnica Montana cream to the affected area and massage gently so that the cream is absorbed into the skin. Repeat three times a day until bruising has faded. If you are using Arnica Montana in conjunction with your LipoShape™ treatment, wait 48 hours after the injections to begin using it. If you are using Arnica Montana in conjunction with FractionalRx™ treatments, begin by applying the cream to a small test area. If you do not experience stinging or significant irritation, begin applying it broadly twice a day.

## Can everyone use Arnica Montana?

If you suffer from hypertension or coronary artery disease, you should not use Arnica Montana.