

BOTULINUM TOXIN PRE-TREATMENT INSTRUCTIONS

Please review and adhere to the following pre-treatment guidelines in preparation for your botulinum toxin appointment. The following restrictions are in place to minimize the risk for any potential complications.

- You must be in **good health with no active skin infections** in the treatment area.
- **Avoid alcoholic and caffeinated beverages at least 24 hours prior** to treatment. Alcohol may thin the blood which will increase the risk of bruising.
- **Avoid anti-inflammatory / blood thinning medications** ideally, for a period of two (2) weeks before treatment and for a few days following treatment. Medications and supplements such as **Aspirin, Vitamin E, Ginkgo Biloba, St. John's Wort, Ibuprofen, Motrin, Advil, Aleve, Vioxx, and other NSAIDS** all cause thinning of the blood and can increase the risk of bruising/swelling after injections.
- Schedule botulinum toxin appointments **at least 2-4 weeks prior to a special event** to avoid having bruising on the day of your event.