**PRE-TREATMENT INSTRUCTIONS**

* **Avoid Alcoholic beverages** at least **24 hours prior** to treatment. Alcohol may thin the blood increasing risk of bruising
* **Avoid Anti-inflammatory / Blood thinning medications** ideally, for a period of **two (2) weeks before treatment**. Mediations and supplements such as but not limited to Aspirin, Vitamin E, Ginkgo Biloba, St. John’s Wort, Ibuprofen, Motrin, Advil, Aleve, Vioxx and other NSAIDs can all cause blood thinning and can increase the risk of bruising / swelling after injections.
* **Schedule Botox appointments at least 2 week prior** to a special event which may be occurring. It is not desirable to have a very special event occurring and be bruised from an injection.