



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

- **Patient 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.
- If possible, come to your appointment with a cleanly washed face.