

Pre-Procedure Instructions for anti-wrinkle treatment

To ensure optimal results and minimize the chance of complications from your toxin treatment, please adhere to the following guidelines:

1. Medication and Supplements:

- Avoid blood-thinning medications such as aspirin, ibuprofen, and naproxen for at least one week prior to your appointment to minimize bruising.
- Discontinue use of supplements such as vitamin E, fish oil, ginkgo biloba, and other herbal supplements that may increase bleeding, one week before treatment.
- Cease the application of any skin products containing retinol or alpha hydroxy acids (AHAs) one week before your procedure to reduce skin sensitivity.
- I encourage to take Zinc supplements before and after initiating the anti-wrinkle treatment (study shows it prolongs the effect).

2. Alcohol and Dietary Considerations:

- Refrain from consuming alcoholic beverages for 24 hours before your treatment as alcohol can contribute to swelling and increase the risk of bruising.
- Stay hydrated but avoid excessive caffeine and salty foods the day of your procedure to help reduce fluid retention and potential swelling.

3. Skin Care and Exposure:

- Do not apply makeup on the treatment area on the day of your procedure to maintain a clean and sterile environment.
- Protect your skin from excessive sun exposure and avoid tanning beds for at least two weeks before your treatment to prevent skin irritation.

4. Other Health Considerations:

- Please inform your provider if you have had any recent dental work or vaccinations, as these might need to be scheduled appropriately around your toxin treatment.
- Avoid any chemical peels or laser treatments on the face for at least two weeks prior to your toxin injections to ensure the skin's integrity is not compromised.

By following these pre-procedure instructions, you can help ensure that your toxin treatment is performed under the safest conditions possible, contributing to better results and fewer complications. If you have any specific concerns or questions about these instructions, please contact our office before your appointment.