

Neurotoxin Pre-Treatment Instructions

[Tori's Treatments](#)

Please review the following instructions before your neurotoxin appointment (Botox®, Jeuveau®, Dysport®, Xeomin®, etc.) to help minimize bruising and ensure the best possible results.

7 Days Before Treatment

If medically appropriate and approved by your healthcare provider, avoid blood-thinning medications and supplements that may increase bruising 7 days prior to injection, including:

- Aspirin
- Ibuprofen (Advil®, Motrin®)
- Naproxen (Aleve®)
- Fish oil / Omega-3 supplements
- Vitamin E
- Ginkgo biloba
- Garlic supplements
- St. John's Wort
- Alcohol in excess

Do NOT stop prescription medications without approval from your prescribing provider.

24–48 Hours Before Treatment

- Avoid alcohol to help reduce bruising and swelling.
 - Stay well hydrated.
 - Avoid waxing, bleaching, tweezing, or chemical peels near the treatment area.
 - Avoid excessive sun exposure or sunburn.
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Day of Appointment

- Arrive with a clean face if possible.
- You may wear makeup, but it will be removed in treatment areas if needed.
- Eat a small meal beforehand to help prevent lightheadedness.
- Inform your provider if you:
 - Are pregnant or breastfeeding
 - Have any active infections, cold sores, or rashes

- Have had recent dental work or vaccinations
 - Have a history of neuromuscular disorders
 - Recently received other facial treatments or filler
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What to Expect

- Mild redness, swelling, tenderness, or small bumps at injection sites are normal and usually resolve within a few hours.
 - Bruising is possible.
 - Results typically begin within 3–7 days and full results are usually seen around 14 days.
 - Neurotoxin results are temporary and generally last 3–4 months.
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Helpful Tips

- Schedule your appointment at least 4 weeks before major events.
 - Consistent treatments often help maintain smoother, longer-lasting results.
 - Take before photos to help track progress over time.
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Thank you for trusting [Tori's Treatments](#) with your care. We look forward to helping you feel confident and refreshed!