

Botulinum Toxin Pre-Instructions

Even though this is a quick in and out procedure, some pre planning, and a little preparation can help you get optimal results.

Pre Care Instructions:

- ✓ Schedule your treatment at least 2 weeks prior to a special event, such as a wedding or vacation, to allow for complete healing
- ✓ Avoid the use of aspirin, ibuprofen, ginkgo biloba, garlic supplements, green tea, flax oil, cod liver oil, vitamins A and E, and essential fatty acids for up to 1 week pre injection as they may increase your risk of bruising
- ✓ Please inform your provider if you currently take any prescription blood thinners such as Coumadin, Eliquis, Xarelto, Plavix. ***Do not stop any medications without consulting your physician***
- ✓ Do not drink alcoholic beverages 24 hours before your treatment to avoid extra bruising
- ✓ Do not apply products that are potentially irritating for 2 days before your treatment (examples: tretinoin, retinol, glycolic acid, benzoyl peroxide, alpha hydroxy acid)

Day of Treatment:

- ✓ You may use topical anesthetic medication in the office before your scheduled appointment (Please arrive 15 minutes prior to procedure)
- ✓ Arrive with a clean face. Please do not wear makeup.
- ✓ You may experience a mild amount of tenderness or stinging during and following injection
- ✓ Redness and swelling are normal. Some bruising may also be visible.