

PRE-TREATMENT INSTRUCTIONS

It is prudent to follow some simple guidelines before treatment that can make all the **difference between a fair and great result**, by reducing some possible side effects associated with the injections. We realize that this is not always possible. However, **minimizing these risks is always desirable.**

- **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 **5-7 days before treatment.** Medications and supplements such as Aspirin, Vitamin E, Ginkgo Biloba, St. John's Wort, Ibuprophen, Motrin, Advil, Aleve, Vioxx and other NSAIDS are all blood thinning and can increase the risk of bruising/swelling after injections.
- **Schedule Botox appointment at least 2 weeks prior** to a **special event which may be occurring, i.e., wedding, vacations,** etc. It is not desirable to have a very special event occurring and be bruised from an injection which could have been avoided.