



## BOTULINUM TOXIN PRE-TREATMENT INSTRUCTIONS

In an ideal situation it is prudent to follow some simple guidelines before treatment that can make all the difference between a fair result or great result, by reducing some possible side effects associated with the injections. We realize 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 two (2) weeks before treatment. Medications and supplements such as **Aspirin**, Warfarin, **Vitamin E**, Ginkgo Biloba, St. John's Wort, Ibuprofen, Naproxen, 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 (i.e., wedding, vacation). Bruising is always a possibility with injections, so **allow yourself enough time** for bruises to heal if they occur.
- **Schedule your injection** at a time when minor swelling or bruising **will not disrupt your social obligations.**

**Any questions or concerns, please contact Victoria at (518) 223-8797**