



## BOTOX PRE-TREATMENT INSTRUCTIONS



It is recommended to **discontinue the use** of Aspirin, Motrin, Ginkgo Biloba, Garlic, Flax Oil, Cod Liver Oil, Vitamin A, Vitamin E, or any other essential fatty acids **at least 3 days to 1 week before and after treatment to minimize bruising or bleeding.** Please consult with your primary physician prior to discontinuing any medications.

**Avoid** alcohol, caffeine, Niacin supplement, high-sodium foods, high-sugar foods, refined carbohydrates, spicy foods, and cigarettes **24-48 hours before** and after your treatment. (All of these factors may increase the risk of bruising and swelling).

If you **develop a cold / flu, cold sore, blemish, rash, etc.** in the area to be treated prior to your appointment, we recommend that you please **reschedule your appointment** until it resolves.

It is recommended to **discontinue Retin-A two (2-3) days before treatment** to avoid any increased redness and irritation

It is recommended that you **wait at least 1 week** to have botulinum toxin treatments performed if you have previously had **cosmetic treatments with laser, ultrasound, peels, facials, or microdermabrasion.**