



PRE-TREATMENT ADVICE

- Schedule your Botox® appointments at least four (4) weeks **PRIOR** to a special event such as a wedding or a vacation to allow for complete healing, optimal results and to allow time for any touch-ups that might be needed.
- **RESCHEDULE** your appointment at least twenty-four (24) hours in advance if you find a rash, cold sore, or blemish in the treatment area. Let us know if you have a history of herpes simplex virus (cold sores), as we will consider prescribing an antiviral medication prior to treatment.
- **EAT** a small meal or snack before your appointment.
- **AVOID** blood thinners (unless prescribed) ten (10) days prior to your Botox® treatment. Patients that bruise easily, or who take blood thinning medications/supplements may bruise more easily.

Medications and supplements that may increase the risk of bruising include:

- Aspirin (e.g. Excedrin®)
- Ibuprophen (e.g. Advil®, Motrin®)
- Naproxen (Aleve®, Naprosyn®)
- Omega-3s
- St John's Wort
- Vitamin A & E
- Gingko Biloba
- Evening Primrose Oil
- Garlic
- Feverfew
- Ginseng
- Flax Oil & Fish Oil
- **AVOID** alcoholic beverages at least twenty-four (24) hours prior to treatment. Alcohol may thin the blood and increase the risk of bruising.
- **DISCONTINUE** Retin-A (Tretinoin®), Retinol, and Glycolic Acid two (2) days before and two (2) days after treatment.
- If you would like to **MINIMIZE THE RISK OF BRUISING** after treatment, please consider these options that would generally need to be ordered online or purchased in advance of treatment. Please note, this is entirely optional and at your discretion:
 - **SINECCH®** (Arnica Montana). Usage depends on the formulation.
 - **BROMELAIN** (homeopathic medicine)
 - Good nutrition and fresh fruit consumption (**PINEAPPLE** and **PAPAYA** recommended)
 - **OCUMEND®** gel pads (available online)