

## **Botox™ Pre-Treatment Instructions**

### **Patient Preparation Instructions**

Your Appointment Date: \_\_\_\_\_ Your Appointment Time: \_\_\_\_\_

**A few simple guidelines before your treatment can make a difference between a good result and a fantastic one.**

- **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**. These medications and supplements include Vitamin E, Gingo Biloba, St. John's Wort, Ibuprofen, Motrin, Advil, Aleve, Vioxx, and other NSAIDS are all blood thinning and can increase the risk of bruising/swelling after injections. If you are taking Aspirin, Coumadin, Pradaxa, Xarelto, Heparin, and/or Lovenox, you are not to stop taking these medications unless discussed with your prescribing physician.
- **Schedule Botox® appointment at least 2 weeks prior** to a **special event which may be occurring, i.e., wedding, vacation, etc. etc.** It is not desirable to have a very special event occurring and be bruised from an injection which could have been avoided.