

BOTOX/XEOMIN PRE-TREATMENT INSTRUCTIONS

We have developed some guidelines to follow prior to your Botox injections. Adhering to these instructions can make all the difference in your post-injection recovery and reduce some possible side effects associated with the injections. We realize this is not always possible, however, minimizing these risks is always desirable.

- Patient should be in overall good health with no active skin infections in the areas to be treated. A full medical and dental history must be performed on all patients for optimal results.
- Take Arnica as instructed: 4 tablets 2 days before, 4 tablets: the day of, the day after, and 2 days after the injections. A total of 20 tablets. This will help decrease post treatment pain, bruising, and swelling.
- Avoid alcoholic beverages at least 24 hours prior to treatment Alcohol may thin the blood which will increase the risk of bruising.
- Avoid anti-inflammatory/blood thinning medications one week prior to treatment. Medications and supplements such as Aspirin, Vitamin E, Gingko Biloba, St. John's Wort, Ibuprofen, Motrin, Advil, Aleve, Vioxx, are all blood thinning and can increase the risk of bruising/swelling after injections. Call us if you are taking platelet inhibitors or other anticoagulants for special instructions.
- Schedule Botox® appointment at least 2 weeks prior to any special event to ensure that any bruising/swelling has resolved and to allow for the full desired effect of injections.