

## *Pre-treatment*

### **Two weeks prior...**

- Avoid aspirin (Excedrin), vitamin E, St. John's wort, and other dietary supplements including ginkgo, evening primrose oil, garlic, feverfew, and ginseng for 2 weeks.

### **One week prior...**

- Avoid consuming any wine and/or alcoholic beverages during the week (7 days) prior to your appointment. Red wine specifically, may increase your chances of bruising following botulinum toxin injections.
- Avoid anti-inflammatory medications (unless otherwise discussed with your physician) beginning 1 week prior to your appointment. This includes ibuprofen (Advil, Motrin).
- Avoid consuming garlic beginning 1 week prior to your appointment (garlic may increase the chance of bruising).
- Avoid waxing, bleaching, tweezing, or the use of hair removal creams in the area(s) to be treated within 72 hours prior to your appointment.
- If you have any history of Herpes Simplex (cold sores) on your face, make sure you inform the provider that you have made your appointment, one week prior to your appointment; this will allow us adequate time to prescribe a medication to prevent an outbreak.
- Avoid exposure to the sun and prevent sunburn.

### **Day of appointment...**

- If possible, come to your appointment with a clean face free of oils, makeup, and debris.
- Eat a balanced breakfast to help reduce the chance of dizziness or lightheadedness.

## *Post-treatment*

- Do not massage the treated areas on the day of treatment.
- Avoid lying down for 4 hours immediately after treatment.
- Avoid applying heat or ice to the treated area on the day of treatment.
- Avoid activities that cause facial flushing or increase blood pressure on the day of treatment including consuming alcohol, exercising, and tanning.
- Use a gentle cleanser for the first 24 hours after receiving botulinum toxin injections. Do not exfoliate for 72 hours. Resume your normal skincare routine after 72 hours.
- Avoid wearing makeup the day of to allow injection sites to heal and help avoid redness, swelling, and discomfort.
- Avoid any type of facial, microdermabrasion, or massage for 14 days after treatment.
- After treatment, oral SinEcch and/or topical Arnica Montana may help reduce bruising and swelling.
- Botulinum toxin treatment effects take about 1-2 weeks to fully develop and last approximately 2-4 months.
- Don't use AHA's or BHA's until 72 hours post-treatment.
- Don't use retinoic acid for 5 days.
- If 1-2 weeks after treatment you feel that you require additional dosing please contact the office.