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Pre Treatment Instructions for Botulinum Toxin Injection

In an ideal situation, it is prudent to follow some simple guidelines before treatment that can make all the difference between a fair result or a great result, by reducing some possible side effects associated with the injections. We realize this is not always possible; however, minimizing these risks is always desirable.

- Avoid alcoholic beverages at least 24 hours prior to treatment (alcohol may thin the blood, increasing the risk of bruising)
- Avoid non-essential anti-inflammatory/blood thinning medications, ideally for a period of two weeks before treatment. Medications and supplements such as aspirin, vitamin E, gingo biloba, St. John's wort, ibuprofen, naproxen, and other NSAIDS are blood thinning and can increase the risk of bruising/swelling after injections. If you are prescribed a blood thinning medication for a medical reason, please ask your prescriber before temporary discontinuation.
- Schedule your appointment at least 2 weeks prior to any special events which may be planned. Swelling and bruising are expected following the procedure.

**If you should have any questions or concerns please feel free to contact us at
(336) 489-4400.**