



In order to minimize the risk of possible side effects and complications of injections, please follow these simple steps:

Pre-Treatment Instructions:

- Do NOT consume alcoholic beverages at least 24 hours prior to treatment (alcohol may thin the blood and increase the risk of bruising.)
- Avoid anti-inflammatory/blood thinning medications, if possible for a period of two weeks before treatment. Medications and supplements such as aspirin, vitamin E, ginkgo biloba, ginseng, St. John's wort, omega-3/fish oil supplements, ibuprofen, Motrin, Advil, Aleve and other NSAIDs have a blood thinning effect and can increase the risk of bruising and swelling after injections.
- Schedule your Botox/Dysport appointment at least two weeks prior to a special event which you may be attending.
- Results from the Botox/Dysport injections will take approximately 4 to 7 days to appear. Also bruising and swelling may be apparent in that time period.
- Discontinue Retin-A two days before and two days after treatment.
- Reschedule your appointment at least if you have a rash, cold sore or blemish on the area.
- If you have a history of cold sores please let your provider know, they may put you on an antiviral medication prior to treatment.
- Be sure to have a good breakfast, including food and drink before your procedure. This will decrease the chances of lightheadedness during her treatment.
- You are not a candidate if you are pregnant or breast-feeding.