



Botox Pre-Op Instructions

To ensure the best possible results and minimize potential side effects from your Botox injections, please carefully follow these instructions prior to your appointment.

One Week Before Your Appointment:

- **Avoid Blood Thinners (if medically permissible):**
 - Discontinue use of medications and supplements that can increase bleeding and bruising, such as:
 - Aspirin
 - NSAIDs (e.g., Ibuprofen, Naproxen, Aleve, Motrin)
 - Vitamin E
 - Fish Oil / Omega-3 fatty acids
 - Ginkgo Biloba
 - St. John's Wort
 - Garlic supplements
 - **IMPORTANT:** If you are on prescription blood thinners (e.g., Warfarin, Coumadin, Plavix, Eliquis, Xarelto), **DO NOT stop taking them without explicit approval and guidance from the prescribing physician.** Discuss your Botox procedure with them well in advance.
- **Avoid Alcohol:** Refrain from consuming alcoholic beverages (wine, beer, liquor) as alcohol can thin the blood and increase the risk of bruising.
- **Limit Certain Supplements:** Consider avoiding green tea, ginseng, and other herbal supplements that may have blood-thinning properties.
- **Reschedule if Ill:** If you develop a cold sore, rash, or any skin infection in the areas to be treated, please call to reschedule your appointment.

24-48 Hours Before Your Appointment:

- **Avoid Topical Products:** Discontinue use of topical products containing retinol, retinoids, glycolic acid, or other exfoliating agents on the treatment areas.
- **Hydrate:** Drink plenty of water to ensure you are well-hydrated.

Day of Your Appointment:

- **Arrive with a Clean Face:** Please arrive at your appointment with a clean face, free of makeup, moisturizers, or lotions on the areas to be treated (frontalis, glabellar complex, crows feet around eyes, smokers lines around lips, masseter, and temporalis).
- **Eat Normally:** Eat a normal meal and stay hydrated.



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- **Comfortable Clothing:** Wear comfortable clothing.
- **Inform Your Practitioner:** Be prepared to discuss your medical history, any allergies, and any medications or supplements you are currently taking with your practitioner.
- **Pregnancy/Breastfeeding:** Inform your practitioner if you are pregnant, planning to become pregnant, or breastfeeding, as Botox is contraindicated in these situations.

What to Expect During Your Appointment:

- Your practitioner will cleanse the treatment areas.
- The injections are quick and relatively painless, often described as a small pinch.
- No anesthesia is typically required, but topical numbing cream or ice may be offered for comfort.