



## Pre-Care Instructions for Botox, Dysport, Xeomin, Jeuveau

- Avoid the use of Aspirin, NSAIDS, Ginko Biloba, Garlic Supplements, Green Tea, Flax Oil, Cod Liver Oil, Vitamins A and E, and essential fatty acids for up to 1 week, pre and post injection as they will increase your risk of bruising.
- DO NOT drink alcoholic beverages 24 hours before (or after) your treatment to avoid extra bruising.
- You may take Arnica tablets 2-3 days prior to your injection to reduce the risk of bruising.
- DO NOT apply products that are potentially irritating for 2-3 days before and after treatment (ex: tretinoin/retin-a, glycolic acid, benzoyl peroxide, hydroquinone).
- Inform your provider if you have a history of cold sores to receive advice on antiviral therapy prior to treatment.
- Contraindications to injections: Pregnancy, breastfeeding, allergies to components of the product, open sores in the areas to be treated.
- If possible, come to appointment with a clean face no makeup.