



Botox/Dermal Filler Pre-Treatment Recommendations

Here are some recommendations before treatment that can make all the difference between a fair result and great result. This is done 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 risk of bruising)
- **Avoid Anti-inflammatory / Blood Thinning medications** ideally, for a period of **two (2) weeks before treatment**. Medications and supplements such as Aspirin, Vitamin E, Fish or Flax oil, Gingo Biloba, St. John's Wort, Ibuprofen, Motrin, Advil, Aleve, and other NSAIDS are all blood thinning and can increase the risk of bruising/swelling after injections.

Schedule Botox/Dermal Filler appointment at least 2 weeks prior to a special event which may be occurring, i.e., wedding, vacation, etc.