

## PRE-TREATMENT INSTRUCTIONS

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

### Contraindications

- **Pregnancy**
- **Neuromuscular Disorders**, including Lou Gehrig's Disease (Amyotrophic Lateral Sclerosis (ALS)), Myasthenia Gravis, Eaton Lambert Disorder

### Other Guidelines to follow

- 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, Gingo Biloba, St. John's Wort, Ibuprofen, Motrin, Advil. Aleve, Vioxx, and other NSAIDS are all blood thinning and can increase the risk of bruising/swelling after injections.
- Schedule Botulinum Toxin A appointment at least 2 weeks prior to a special event which may be occurring, i.e., wedding, vacation, etc. etc. It is not desirable to have a very special event occurring and be bruised from on injection which could have been avoided.
- if you develop a cold / flu, cold sore, blemish, or rash, etc. in the area to be treated prior to your appointment, we recommend that you please reschedule your appointment until it resolves.
- It is recommended to discontinue Retin-A products 2 to 3 days before treatment to avoid any increased redness and irritation.
- It is recommended that you wait at least 2 weeks to have botulinum toxin treatments performed if you have previously had cosmetic treatments with laser, ultrasound, peels, facials or micro-dermabrasion.