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BOTULINUM TOXIN (BOTOX) (XEOMIN)

Pre-Treatment Instructions]

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

- Patient must be in good health with no active skin infections, abrasions, burns, swellings, etc. in the areas to be treated.
- Patient should not be needle phobic.
- Avoid alcoholic beverages at least 24 hours prior to treatment. Alcohol may thin the blood, which will increase the risk of bruising.
- Avoid anti-inflammatory/ blood thinning medications, ideally for a period of two (2) weeks prior to treatment. Medications and supplements, such as, Aspirin, Vitamin E, Ginko Biloba, St. John's Wort, Ibuprofen, Motrin, Aleve, Vioxx, and other NSAIDs, are all blood thinning and can increase the risk of bruising/swelling after injections.
- Schedule Botox and Xeomin appointments at least two (2) weeks prior to a special event which may be occurring, i.e., wedding, vacation, etc. It is not desirable to have a very special event occurring and be bruised from an injection, which could have been avoided.