



## Pre-treatment Instructions for Botox

Bruising is not a major concern with Botox injections. If you are concerned about bruising, you may use the following instructions to reduce your risk of bruising. Arnica Montana (homeopathic preparation only) taken according to package directions, starting the morning of your Botox treatment can reduce bruising. You can obtain the correct formulation of Arnica from our office. If you are on prescription blood thinners (e.g. Coumadin), do not take Arnica for this procedure.

If you are on daily aspirin prescribed by your physician, **do not** stop your aspirin in preparation for this procedure. If you are on aspirin daily that is **not prescribed** by your physician, then we recommend that you discontinue the aspirin at least one week prior to your Botox treatment to limit bruising. To reduce your risk of bruising we recommend that you avoid the following for one week prior to your Botox treatment:

- \*Red Wine
- \*Non-steroidal anti-inflammatories (Motrin, Ibuprofen, Aleve, Advil, etc.)
- \* Vitamin E
- \*Fish Oil & Essential Fatty Acids (Flax seed oil)
- \* Ginkgo
- \*Garlic
- \*Green Tea
- \*Willow
- \*Licorice
- \*St. John's Wort
- \*Angelica
- \*Red Clover

Also, to further reduce the risk of bruising we recommend consuming foods high in Vitamin K, biotin, Vitamin C and flavinoids, as these have shown to decrease bruising.

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|-------------|----------------|-----------|---------------------|
| *Spinach    | *Citrus fruits | *Apricots | *Buckwheat Pancakes |
| *Bananas    | *Blackberries  | *Broccoli | *Black Currants     |
| *Cantaloupe | *Cherries      | *Grapes   |                     |

Typically no specific prep is needed for Botox treatments. We recommend that Botox injections not be done if recent immunizations (flu shot) have been done or if they any are scheduled to be done soon. Botox and immunizations can render each other less effective. Schedule accordingly.

It is not wise to schedule Botox treatments within 2 weeks of "special events" where you must look "perfect" as treatment results take a while to mature. Time should be given to address any unexpected side effects.

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