



## Pre-treatment Instructions for Botox

Please be sure to avoid having any type of immunization either 2 weeks before or after your Botox/Xeomin treatment. There is a theoretical risk that any immunization might make your Botox/Xeomin treatment less effective.

Be sure to schedule your Botox/Xeomin treatments 3-4 weeks before any special event. Botox/Xeomin will take 2 weeks to become fully effective; and you want to have additional time for any refinements at the 2 week mark, so that your Botox/Xeomin are ready for your big event.

The risk of bruising with Botox/Xeomin is quite low. However, if you are concerned about bruising or you bruise easily, 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.

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