



**Pre-Treatment Instructions for Neuromodulators**  
**(Botox, Xeomin or Jeuveau)**

Bruising is not a major concern with Botox injections, but it is still a possibility. If you are concerned about bruising, we recommend that you use the following instructions to reduce your risk.

Arnica Montana (homeopathic preparation only), taken according to the package instructions, 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 a prescription blood thinner (coumadin, warfarin) do not take Arnica for this procedure.

If you are taking daily aspirin prescribed by your physician, DO NOT stop aspirin in preparation for your procedure. If you are taking daily aspirin 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
- NSAIDs (Motrin, ibuprofen, Aleve, Advil)
- Vitamin E
- Fish Oil & Essential Fatty Acids (Flax seed oil)
- Ginkgo
- Garlic
- Green Tea
- Willow
- Licorice
- St. John's Wort
- Angelica
- Red Clover

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

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

Typically no specific prep is needed for Botox treatments. We recommend that Botox injections not be done if recent immunizations (flu shots) have been done or if any are scheduled to be done soon. Botox and immunizations can render each other less effective. Please schedule your treatments 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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**Post-Treatment Instructions for Neuromodulators**  
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**Avoid any massage, pressure, or touching the treatment area(s) for 4 hours after your treatment. You want to avoid any chance of altering the placement of the Neuromodulator, which could lead to undesirable results.**

**You can reapply makeup after your treatment. Please do so gently over the treatment area(s), and avoid the area over the eyebrows.**

**If we treated your forehead, do not wear a hat or visor for 4 hours after your treatment.**

**Avoid laying down for 4 hours following your treatment.**

**Avoid sun exposure, alcohol, vigorous exercise, and activities that may displace Botox for 24 hours after your treatment.**

**Some people will experience bruising in the area of their injections. Bruising typically resolves in 7-10 days. Oral and/or topical Arnica will help clear bruising faster.**

**Discomfort following your Botox treatment is rare but may happen. If you are experiencing discomfort, acetaminophen may be taken. Some patients do experience a mild headache following treatment.**

**Contact us if you are experiencing any concerning side effects or complications (ie: drooping eyelid, warmth around the injection site (s), persistent redness or swelling).**

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**It can take up to 14 days to see the complete effects of your treatment. Please contact us with any concerns. We are happy to see you again to evaluate the area(s) treated. Refinements may be necessary to provide you with the best possible results and the forgest lasting effects. We care about you and your success with your treatments at Almond Aesthetic Medicine!**

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