



MEDIWORKS

REJUVENATION CENTRE

Botox/Dysport/Xeomin Pre Treatment Instructions

Pre-Treatment Instructions

- ❖ 3 DAYS BEFORE treatment: AVOID topical products such as Tretinoin (Retin-A), Retinols, Retinoids, Glycolic Acid, Alpha Hydroxy Acid, or other “anti-aging” products. Also AVOID waxing, bleaching, tweezing, or the use of hair removal cream on the area to be treated.
- ❖ 7 DAYS BEFORE treatment (**to prevent bruising**): AVOID blood thinning over-the-counter medications such as Aspirin, Motrin, Ibuprofen, and Aleve. Also avoid herbal supplements, such as Garlic, Vitamin E, Ginkgo Biloba, St. John’s Wort, and Omega-3 capsules.
- ❖ Do not drink alcoholic beverages 24 hours before (or after) your treatment to avoid extra bruising.
- ❖ Inform your provider if you have a history of Perioral Herpes to receive advice on antiviral therapy prior to treatment.
- ❖ Do not use botox/dysport/xeomin if you are pregnant or breastfeeding, are allergic to any of its ingredients, or suffer from any neurological disorders. Please inform your provider if you have any questions about this prior to the treatment.

Day of Treatment

- ❖ Arrive to the office with a “clean face”. Please do not wear makeup. You may bring your own makeup to apply after your treatment.
- ❖ You may experience a mild amount of tenderness or a stinging sensation following injection.
- ❖ Redness and swelling are normal. Some bruising may also be visible.
- ❖ You may experience some tenderness at the treatment site(s) that can last for a few hours or a few days. You may have bruises in the areas treated.