

## NEUROTOXIN PRE-CARE INSTRUCTIONS

- Avoid the use of Aspirin, Ibuprofen, Advil, Aleve, Motrin, Ginkgo Biloba, Garlic Supplements, Green Tea, Flax Oil, Cod Liver Oil, Vitamins A and E, Omega-3, fish oil for up to 1 week before and after your treatment as they will increase your risk of bruising
- Avoid the use of alcohol for 24 hours before and after your treatment to avoid excess bruising
- You may take Arnica tablets 2-3 days before and after your treatment to reduce the risk of bruising
- Do not use Botox or Dysport if you are pregnant or breastfeeding, are allergic to any of its ingredients, or have a history of neurologic disorders. Please inform your provider if you have any questions about this prior to the day of treatment
- You may experience a mild amount of tenderness or stinging during and following the injection
- Some bruising may occur
- With any other concerns, please reach out directly to your provider for further explanation