



M O X I E  
D E N T A L

**AAFE**  
AMERICAN ACADEMY  
OF FACIAL ESTHETICS

## **BOTULINUM TOXIN PRE-TREATMENT INSTRUCTIONS**

Please review and adhere to the following pre-treatment guidelines in preparation for your botulinum toxin appointment. The following are in place for proper treatment & to minimize the risk for any potential complications:

- Patient must be in good health with no active skin infections in the treatment area
- **Come to your appointment with a clean, make-up-free face**
- Patient should come to his/her appointment with makeup free skin
- **Patient should wear a modest tank top or tank top under a shirt for neck pain examination and/or treatment. Many times, migraines, TMJ, & facial pain originate in the muscles of the neck & shoulders.**
- Avoid alcoholic and caffeinated beverages at least 24 hours prior to treatment. Alcohol may thin the blood which will increase the risk of bruising.
- Avoid anti-inflammatory / blood thinning medications ideally, for a period of 2 weeks before treatment and for a few days following treatment. Medications & supplements such as Aspirin, Vitamin E, Ginkgo Biloba, St. John's Wort, Ibuprofen, Motrin, Advil, Aleve, Vioxx, and other NSAIDS all cause thinning of the blood and can increase the risk of bruising/swelling after injections.
- **Schedule botulinum toxin appointments at least 3 weeks prior to a special event to avoid having bruising on the day of your event.**