**You must be in good overall health and not have special events two weeks after your treatment due to possible bruising.**

**The use of Botox or Xeomin is contraindicated/not recommended for patients:**

• With Neuromuscular disorders, such as myasthenia gravis or ALS.

• Taking certain antibiotics called Aminoglycosides, which include Tobramycin, Gentamicin,

Streptomycin and Neomycin.

• Patients with any bleeding disorders, scalp or facial infections or who are needle phobic.

• Patients with who have had any alterations in their facial anatomy.

• Who are pregnant or breast-feeding.

**7 Days Before:**

• To avoid bruising is best not to take any anti-inflammatory medication or pain relievers

that are blood thinner such as aspirin Tylenol Advil or Motrin.

• Avoid the following vitamins and supplements: Vitamin E, fish oil, omega-3 fatty acids,

ginkgo biloba, garlic, ginger, cayenne, licorice, flax seed oil, and Co-Q 10.

• Avoid drinking alcohol for a few days before treatment since it is a blood thinner

• Sunburned skin is difficult to treat so avoid exposure to the sun before your visit

• Avoid waxing, bleaching, tweezing, facial scrubs or the use of hair removal cream on the

area to be treated

• Avoid the use of alpha hydroxy acids higher than 10%, retinol and retinal A

• It is not recommended to have Botox treatments less than 90 days apart