



BOTULINUM TOXIN (BOTOX)

PRE-TREATMENT INFORMATION

This leaflet is to help you prepare for your upcoming Botox treatment and get the best possible results. Please read it carefully and contact us at +1 (345) 745-6000 or email info@doctorexpress.ky if you have any questions.

Before Your Appointment:

You'll achieve the best results from your Botox treatment and reduce the risk of side effects by following these guidelines:

- Please schedule your treatment at least 2 weeks in advance if you have a special event upcoming in case of bruising.
- Notify the clinic in advance if you have a history of cold sores, as we may need to provide you with preventative medication.
- **1 week prior:** Discontinue medications that may increase your risk of bleeding and bruising. This includes:
 - Anti-inflammatory (NSAID) medications like ibuprofen (Advil, Motrin), naproxen (Aleve), diclofenac and etoricoxib.
 - Please receive approval from your physician before stopping any prescribed medications, such as anticoagulants (warfarin, apixaban, rivaroxaban, dabigatran) or antiplatelet agents (aspirin, clopidogrel, ticagrelor).
 - Avoid herbal supplements such as omega-3 capsules, fish oil, vitamin E, St. John's Wort, garlic, turmeric and ginkgo biloba.
- **3 days prior:**
 - Avoid skincare products like tretinoin (Retin-A), retinols and retinoids.
- **24 hours prior:**
 - Avoid alcohol and caffeine to reduce the risk of bruising.
- **On the day:**
 - If you are sick or have an active infection, please call the clinic to reschedule.
 - Have a light snack or meal and make sure to drink plenty of water before your appointment to avoid feeling lightheaded.
 - Consider taking paracetamol (Tylenol) an hour before your treatment if you're concerned about discomfort during the injection process.

At Your Consultation:

- We will assess your medical history to make sure that you are suitable for treatment
- You will have the opportunity to ask questions and discuss your treatment goals
- The expected results and potential risks will be discussed
- If you choose to go ahead, you will be asked to sign a consent form
- Medical photographs will be taken for your confidential record

