

## Preparation for Cosmetic Botulinum Toxin Treatment

- Although bruising typically does not occur after treatment, you can **reduce the risk of bruising by discontinuing aspirin, naprosyn (Aleve, Naproxen), coconut oil, fish oil/ingestion of fish** (shellfish are fine), **turmeric/curcumin, ginseng, ginkgo, and St. John's Wort, one week prior to your treatment.**  
**Avoid ibuprofen (Advil, Motrin) 3 days prior to your treatment** (you may take immediately after the procedure).  
Note: do not discontinue a medication that you are taking for medical reasons without checking with your prescribing physician or provider.
- ***If you are having treatment of the lip area and you are prone to cold sores*** (recurrent herpes simplex viral infections), begin taking your antiviral medication on the morning of your procedure (e.g., Valtrex® or valacyclovir, Famvir®, Zovirax® or acyclovir). Like other procedures involving facial skin, Botox® treatments around the lip area can trigger a flare of your cold sores.
- Most treatments are performed with little discomfort without the use of numbing creams. If you would like to use a numbing cream (especially if you are having treatment around the lips), we can prescribe EMLA® or you may purchase LMX-4 or LMX-5 without a prescription. You may apply the cream 30 minutes prior to the appointment and can wipe off the excess cream prior to coming to the office.

## Aftercare (after treatment for facial wrinkles)

- (Optional) **For one hour, you may actively use the treated muscles** (frown, squint, pucker, etc). The muscle contractions enhance the uptake of medication into the targeted muscles.
- You may apply makeup, sunscreen, etc. and wash as usual; however, **do not rub or massage the treated areas for one hour.**

Please contact us with any questions or concerns: 480-591-3500 or 602-494-1817