



## **Neuromodulator Treatment Pre-Care Instructions:**

To ensure the best possible results and minimize potential side effects, please follow these pre-treatment guidelines before your neuromodulator appointment (e.g., Botox, Dysport, Xeomin, Jeuveau):

### **7 Days Prior to Treatment:**

- Avoid Blood-Thinning Medications & Supplements (unless medically necessary; consult with your prescribing physician first):
  - Aspirin, Ibuprofen (Advil, Motrin), Naproxen (Aleve)
  - Fish Oil, Vitamin E, Ginkgo Biloba, Ginseng, Garlic supplements
  - St. John's Wort
- Refrain from Alcohol Consumption to reduce the risk of bruising.
- Discontinue Retinoids/Tretinoin (topical Vitamin A products) in the treatment area if you experience sensitivity.

### **48 Hours Prior to Treatment:**

- Minimize use of skincare products with glycolic acid, salicylic acid, or exfoliants on the treatment area.
- Avoid waxing, bleaching, tweezing, or using hair removal creams on the treatment area.

### **Day of Treatment:**

- Arrive with a clean face — free of makeup, lotions, sunscreen, or skincare products.
- Eat a light meal or snack prior to your appointment to prevent lightheadedness.
- Do NOT engage in strenuous exercise immediately before your appointment.
- Wear comfortable clothing to avoid pressure on treatment areas (especially around the forehead and neck).

**Important Considerations:**

- If you have a history of cold sores (herpes simplex virus) and plan to treat areas near the mouth, notify your provider for possible antiviral pre-treatment.
- Inform your provider of any recent vaccinations, dental procedures, or illness/infection within the past 2 weeks
- Notify us if you are pregnant, breastfeeding, or trying to conceive.
- If you are prone to bruising, you may start taking Arnica supplements 2-3 days prior to treatment (optional).