



BEAUTY.NURSE.REGINA  
MEDICAL AESTHETICS

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**Sperling Medical Associates**

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**Botulinum A Toxin (Botox) Pre-Treatment Instructions**

1. If you have a special event or vacation coming up, please keep in mind that you may want to schedule your treatment at least 2 weeks in advance.
2. It is recommended to discontinue the use to Aspirin, Motrin, Ginko Biloba, Garlic, Flax Oil, Cod Liver Oil, Vitamin A, Vitamin E, or any other essential fatty acids at least 3 days to 1 week before and after treatment to minimize bruising and/or bleeding. Please consult with your primary physician prior to discontinuing medications.
3. No antibiotics two weeks before **and** after treatment
4. No cosmetic treatments such as laser, peels, facials, microblading, or microdermabrasion for 2 weeks before **and** after treatment.
5. Avoid alcohol, caffeine, Niacin supplements, and cigarettes 24-48 hours before and after your treatment. (May affect bruising and swelling)
6. If you develop a cold/flu, cold sore, blemish, or rash, etc. in the area to be treated prior to your appointment, we recommend that you reschedule your appointment until it is resolved.
7. It is recommended to discontinue Retin-A 2-3 days before treatment to avoid any redness and irritation.