

BOTOX COSMETIC

Pre-Treatment Instructions

- Do not consume any alcoholic beverages 24 hours prior to treatment.
- Avoid any anti inflammatory or blood thinning medication prior to treatment.
- Avoid excessive sun exposure or any type of sunburn in related areas of treatment.
- Avoid waxing, bleaching, tweezing, or the use of hair removal creams in the areas to be treated.
- Medications and supplements such as aspirin, vitamin E, ginkgo biloba, ginseng, Omega 3/Fish Oil supplements, Ibuprofen, Motrin, Advil, Aleve and other NSAIDS have a blood thinning effect and can increase the risk of bruising and swelling after injections.
- Schedule your treatment 2 weeks before a special occasion, bruising or swelling after treatment may occur.
- Discontinue use of Retinol 2 days prior to treatment.
- You are not a candidate for this treatment if you are pregnant or breastfeeding.
- Be sure to have a full stomach before treatment, this will decrease the chances of lightheadedness.
- Reschedule your appointment at least 24 hours in advance if you have a rash, cold sore or blemish on the area.
- Start taking Arnica two days prior to the procedure. (This is not required, but it will help to lessen bruising)

NOTE: Please delay booking Filler or Neuromodulator treatments for a minimum of 2 weeks before and after the COVID vaccine.

Please contact True Balance if you have any questions or concerns following your treatment - we are always happy to help!

Thank you for choosing True Balance Medical Spa. To provide our guests with the best experience possible, we kindly request that a minimum 24 hours' notice is provided if unable to make an appointment; cancellation or no-show fees may apply. We look forward to seeing you soon!