



YOUTHFUL YOU

A E S T H E T I C S & A C A D E M Y ®

BOTOX & DYSPORT

Pre-Treatment Guidelines

- **Blood Thinners:** Discontinue the use of aspirin, NSAIDs (such as ibuprofen, Motrin, or Aleve), and supplements including fish oil, vitamin E, ginkgo biloba, ginseng, and omega-3, unless these have been prescribed by a healthcare professional. Failure to follow these instructions may increase the risk of bruising.
- **Alcohol:** Avoid consuming alcohol for at least 24 hours before treatment to minimize the risk of bruising.
- **Caffeine:** Limit your caffeine intake on the day of treatment to reduce the likelihood of swelling.
- **Hydration:** Drink an adequate amount of water before your appointment to ensure proper hydration.
- **Appointment Timing:** Schedule your treatment at least 2 weeks before any significant event to allow for the full effect of the treatment to settle and for any potential side effects to subside.

Disclaimer: These instructions are provided to ensure optimal treatment results and reduce the risk of complications. **Failure to follow the guidelines may result in undesirable outcomes.**

call or text: (587) 855-4558

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