



Pre-Advice Toxin

- Do prep your skin. Prior to treatment, make sure to look after your skin and keep it in the best condition. Moisturise and avoid damaged pores.
- Do use sun cream, pre-treatment, to protect your skin.
- Refrain from using a sunbed for at least 24hrs prior to treatment. Do eat pineapple, as studies suggest the bromelain naturally found in pineapple can inhibit clot formation and therefore prevent bruising.
- Avoid alcohol for 48 hours pre-treatment For a week before the procedure, if possible, avoid blood thinners such as aspirin, Ibuprofen and Vitamin E, as well as certain food supplements such as fish oil, liquorice, garlic, ginger, ginkgo and green tea, St. John's Wart.
- Stop Smoking Cigarettes. Smoking before a Botox appointment can increase your risk of bruising from the injection and interfere with healing.
- You should also get plenty of rest the night before the treatment and try to eliminate as much stress as possible during the night before and the day of your treatment to prevent you from feeling rushed and hurried.

