



HEARTLAND AESTHETICA  
CURATED BEAUTY

10111 E. 21<sup>st</sup> St. Suite 305  
Wichita, KS 67206  
316-777-6393

**Pre-Botox/Dysport:**

- ***Do not drink alcohol*** at least 24 hours prior to treatment, it may thin blood and cause increased bruising.
- ***Avoid anti-inflammatory and blood thinning medications*** 1 week prior if possible. This helps minimize bleeding and bruising at the injection site. Anti-inflammatory medications include Motrin, Ibuprofen and Aleve. Blood thinning medications prescribed by a physician should not be stopped. Over the counter medications include ***Aspirin, Fish oil, Ginko, St. John's wart, Garlic, Vitamin E and Omega's***
- ***Inform provider if you have any history of COLD SORES***, we can prescribe an anti-viral prior to treatment. Discuss with your provider to get prescription.
- ***Reschedule your appointment at least 24hours*** in advance if you have an active cold sore, rash or blemish in the treatment area.
- ***Discontinue topical products*** such as Retin-A, glycolic acid, alpha hydroxy acid, or any anti-aging products 2- 3 days prior and 2-3 days after treatment.
- If you are pregnant, breastfeeding, or have a history of neurological disorders you are ***NOT*** a candidate for toxin. Please discuss with your provider.
- To help with bruising and swelling you may discuss ***Arnica*** with your provider and may begin two weeks prior to treatment. You can purchase this over the counter at any Health food store.

**Day of Treatment:**

- ***Arrive with a clean face, please do not wear make-up.***
- ***You may experience mild tenderness or stinging during and after treatment***
- ***You may have some redness, swelling and bruising, this is normal and will subside.***