



## **BOTOX APPOINTMENT CHECKLIST**

**Please make sure you read the following checklist carefully prior to your visit and adhere to all of them. If you are unable to follow one or more of the items listed, we will be happy to reschedule your appointment.**

- 1. You must not be pregnant, trying to become pregnant, or nursing.**
- 2. You should not take a muscle relaxer or an antibiotic 3 to 5 days prior to your appointment.**
- 3. You need to avoid taking Ibuprofen, Aspirin and Aleve 3 to 4 days prior to treatment as it may increase bleeding.**
- 4. Make sure you will not be traveling by plane within 24 to 48 hours of treatment.**
- 5. You should not have an event planned in the week following treatment.**
- 6. You will not be able to get Botox if you have a history of muscle disease/disorder.**