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The 3 Things You Shouldn't Do Before You Get Botox

Monday, March 16, 2015, Margaret McGriff, Senior Web Editor

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You've done your research, found a board-certified dermatologist and set up your first Botox appointment. To make the most of this in-office procedure, we turned to New York dermatologist [Adebola Dele-Michael, MD](#) to share the three important things to do before you get Botox.

Avoid Alcohol

While there isn't any definitive proof that having a few drinks can affect the results of your Botox treatment, it's a good idea not to indulge a few days before. "Moderate alcohol consumption may slightly thin your blood, which may increase the likelihood of bruising," explains Dr. Dele-Michael.

Stop Taking Blood Thinners

Speaking of possible post-Botox bruising, make sure you aren't taking anything else with blood-thinning agents a week before your appointment. That includes NSAIDS like Advil, Motrin, Aleve, Ibuprofen and Naproxen. You also want to avoid taking supplements that contain vitamin E, fish oil, garlic and Lovaza.

If You're Pregnant or Breastfeeding, It's Time to Reschedule

If you're pregnant (or think you are) or breast-feeding, now isn't the time to get Botox, and rescheduling your appointment may be an order. Dr. Dele-Michael says that although it hasn't been proven that getting this injectable can harm your unborn baby or can pass through breast milk, it's better to err on the side of caution and not chance it.