**Therapeutic Injection Pre-Treatment Instructions**

It is important to follow some simple guidelines before treatment that can reduce some potential side effects associated with injections. These instructions are not always possible; however, minimizing these risks is always desirable.

* Drink plenty of water for at least the 2 weeks leading up to injections.
* Avoid injections if you have active skin infections in the areas to be treated.
* Avoid alcoholic beverages at least 24 hours prior to treatment as alcohol may thin the blood which increases risk of bruising.

Come to your appointment with skin that is clean, free from make up or moisturizers in the area to be treated. If this is not possible you will be able to clean your skin at the appointment prior to injection.