



AMAZING SKIN AESTHETICS

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Pre-Weight Loss Treatment Preparation

Proper preparation helps your body adjust to the medication and reduces the likelihood of common gastrointestinal side effects.

1. Hydration is Key

- **Increase Water Intake:** Start increasing your water consumption at least **48 hours before** your appointment. Aim for 80–100 ounces of water per day.
- **Electrolytes:** Consider adding an electrolyte supplement (like Liquid I.V. or Nuun) to your water the day before and the day of your injection to maintain mineral balance.

2. Dietary Adjustments

- **Eat a Light Meal:** Do not arrive on an empty stomach, but avoid eating a heavy, high-fat, or greasy meal immediately before your injection.
- **Avoid Alcohol:** Please refrain from alcohol consumption for **24–48 hours** prior to your appointment, as alcohol can increase the risk of dehydration and blood sugar fluctuations.
- **Fiber Intake:** Start incorporating fiber-rich foods (vegetables, berries, whole grains) into your diet now to support healthy digestion once treatment begins.

3. Medication & Health History

- **Full Disclosure:** Ensure you have provided a complete list of all medications and supplements you are currently taking, especially any blood sugar-lowering medications or insulin.
- **Medical Conditions:** Inform your provider if you have a history of pancreatitis, thyroid tumors, or if you are currently pregnant or breastfeeding.

4. Appointment Logistics

- **Attire:** Wear comfortable clothing that allows easy access to the injection site (typically the abdomen, back of the arm, or thigh).
 - **Lab Work:** Ensure any required baseline blood work requested by our providers has been completed and reviewed prior to your first dose.
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Immediate Requirements (California Compliance)

- **Informed Consent:** You must read and sign the "Informed Consent" form specifically for GLP-1 receptor agonists before your first injection.
 - **Physical Exam:** A Good Faith Exam (GFE) or consultation with our licensed medical provider is required to determine if you are a safe candidate for this treatment.
 - **Emergency Contact:** Ensure your emergency contact information on file is up to date.
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Managing Expectations

Weight loss injections are a tool to be used in conjunction with a healthy diet and exercise. You may experience mild nausea or changes in appetite shortly after your first dose. This is a normal part of the body adjusting to the medication.

Please contact our office at  (714) 848-2232, should you have any questions or problems.

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