



AMAZING SKIN AESTHETICS

6819 Warner Avenue  
Huntington Beach, CA 92647  
(714) 848-2232

## Post-Treatment Weight Loss Aftercare

### 1. Managing the Injection Site

- **Leave it Alone:** You may experience slight redness, swelling, or itching at the injection site. Avoid rubbing or massaging the area for at least **24 hours**.
- **Cleanliness:** Keep the area clean and dry. You may shower as usual, but avoid hot tubs or saunas for the first 24 hours if you experience skin sensitivity.

### 2. Dietary Guidelines (The "First 48" Rule)

The medication slows gastric emptying, meaning food stays in your stomach longer. To avoid discomfort:

- **Eat Smaller Portions:** Stop eating as soon as you feel full. Overeating can lead to significant nausea or vomiting.
- **Avoid "Trigger" Foods:** For the first few days, stay away from high-fat, fried, or sugary foods, as these are the primary causes of gastrointestinal upset.
- **Lean Protein First:** Prioritize protein at every meal to help maintain muscle mass while losing fat.

### 3. Staying Hydrated & Regular

- **Sip, Don't Gulp:** Continue drinking plenty of water throughout the day.
- **Monitor Digestion:** Constipation is a common side effect. If you go more than two days without a bowel movement, you may use a gentle over-the-counter stool softener or fiber supplement as discussed during your consultation.

### 4. Activity Levels

- **Stay Active:** You may resume normal physical activities immediately. Regular exercise (especially resistance training) is highly recommended to improve results.
- **Avoid Lying Down:** Try not to lie flat immediately after eating to prevent acid reflux or heartburn.



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## **What to Watch For**

### **Common Side Effects**

It is normal to experience mild nausea, fatigue, or a "full" sensation. These typically subside as your body acclimates to the dosage.

### **When to Call Us**

While rare, *please* contact us if you experience:

- Severe or persistent vomiting.
  - Intense abdominal pain that radiates to your back.
  - Signs of an allergic reaction (rash, hives, or difficulty breathing).
  - Extreme dizziness or fainting.
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### **California Patient Rights & Safety**

In accordance with California healthcare regulations, please ensure you are keeping a log of your weight and any symptoms to review with your provider during your follow-up "Good Faith" evaluations. This ensures your dosage remains safe and effective for your specific health profile.

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