

# NATURALLY BEAUTIFUL AESTHETICS



## IV Therapy Pre & Post Care Instructions

### **Before Your IV Therapy Appointment (Pre-Care)**

To help ensure a comfortable and effective treatment, please follow these recommendations:

#### **24 Hours Before Your Appointment**

- Drink plenty of water and stay well hydrated.
- Eat a balanced meal before your appointment. Avoid arriving on an empty stomach.
- Get adequate rest the night before.
- Continue taking prescribed medications unless otherwise directed by your healthcare provider.

#### **The Day of Your Appointment**

- Eat a light meal or snack 1–2 hours before treatment.
- Wear comfortable clothing with sleeves that can be easily rolled up.
- Inform your provider of:
  - Any current medications
  - Allergies or sensitivities
  - Pregnancy or breastfeeding status
  - Recent illness or infection
  - Medical conditions such as heart disease, kidney disease, diabetes, or high blood pressure
- Avoid excessive alcohol consumption for at least 24 hours prior to treatment.
- Avoid strenuous exercise immediately before your appointment.

### **After Your IV Therapy Treatment (Post-Care)**

#### **Following Your Treatment**

- Continue drinking water throughout the day.
- Eat nutritious meals to support your body's recovery and wellness goals.

- Resume normal daily activities unless otherwise advised.
- Monitor the injection site for mild redness, bruising, or tenderness, which may occur and typically resolves within a few days.

### **For Best Results**

- Maintain healthy hydration habits.
- Follow any personalized recommendations provided by your practitioner.
- Schedule follow-up treatments as recommended to support your wellness goals.

### **Possible Side Effects**

Some clients may experience:

- Mild bruising at the IV site
- Temporary tenderness or soreness
- A cool sensation during infusion
- Mild fatigue or lightheadedness

These effects are generally temporary and resolve quickly.

### **Contact Us If You Experience:**

- Persistent pain, swelling, or redness at the injection site
- Fever or signs of infection
- Shortness of breath
- Chest pain
- Severe dizziness or any unusual symptoms