



HYDRATIONBAR

WHAT TO EXPECT AFTER YOUR IV TREATMENT

- Many people experience an increase in energy, mental alertness and overall sense of wellbeing immediately following their IV treatment. These effects may be subtle or may not be noticed until the next day or days following treatment. You may require several IV treatments before you begin to experience a benefit.
- Chronic stress, illness, lack of sleep and poor eating habits can all contribute to nutrient depletion.
- Without adequate nutrition, metabolism inside our cells becomes sluggish leading to a buildup of waste product inside the cell. IV therapy delivers high doses of vitamins, minerals, antioxidants, and amino acids directly into the blood stream that readily cross cell membranes to 'kick-start' cellular metabolism. It is, therefore, normal to experience mild fatigue, headache, nausea or light-headedness following your IV treatment. *This is especially common after your first few IV treatments* as your body works to clear any stored metabolic waste products.
- You may continue with your daily activities, including exercise following your IV treatment. It is important to continue to stay hydrated and eat regular meals.
- Minor bruising of the IV site is common and should resolve within the week. If you experience redness, swelling or pain in your arm or at your injection site, please contact us right away.
- If you have any questions or concerns following your IV treatment, please contact our office to speak with one of our IV Therapists. Our contact information is as follows:

Phone: (984) 304-5105

Email: hydration.bar@icloud.com

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Rev. 4/2023