



VITAMIN C INJECTION AFTERCARE

Post-Treatment Instructions:

- Mild redness, tenderness, or swelling at the injection site is normal and should settle within 1–2 days.
- Avoid massaging or pressing on the injection site.
- Keep the area clean and dry for at least 4 hours post-treatment.
- Stay hydrated to support your body's immune and antioxidant responses.
- Refrain from intense physical activity for the first 24 hours after your injection.
- Do not take additional high-dose vitamin C supplements unless advised by your practitioner.
- If any itching, rash, or signs of an allergic reaction occur, seek medical advice promptly.