



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