

This aftercare form provides you with essential information and instructions to follow after receiving biotin injections. Proper aftercare is crucial to ensure optimal results and minimise potential complications. Please read this form carefully and follow the guidelines provided.

Aftercare Instructions for Biotin Injections:

- **Rest and Hydration:** It is important to rest and maintain proper hydration for the first 24 hours following your biotin injection. This will aid in the recovery process and help your body to better absorb the biotin.
- **Avoid Excessive Physical Activity:** Refrain from engaging in strenuous physical activities or exercise for at least 24 hours after your treatment. This allows your body to focus on healing and prevents any additional stress on the injection sites.
- **Limit Alcohol and Caffeine Consumption:** Reduce your intake of alcohol and caffeine for 48 hours following the injection, as these substances can interfere with the absorption of biotin and may contribute to dehydration.
- **Injection Site Care:** Keep the injection site clean and dry for the first 24 hours. Avoid applying any creams, lotions, or makeup directly to the area. If you experience any redness or irritation, you may apply a cold compress to the area for relief.
- **Medication:** If you experience any pain or discomfort, you may take over-the-counter pain relievers, such as acetaminophen or ibuprofen, as directed. Avoid using aspirin, as it may increase the risk of bruising.
- **Monitoring for Adverse Reactions:** While adverse reactions are rare, it is essential to monitor your injection site for any signs of infection or allergic reaction, such as redness, swelling, pain, or discharge. If you notice any of these symptoms, contact your healthcare provider immediately.
- **Follow-up:** Attend any scheduled follow-up appointments to ensure the treatment is effective and to discuss any concerns or questions with your healthcare provider.
- **Nutrition:** Maintain a healthy, balanced diet to support the benefits of biotin injections. Include foods rich in biotin, such as eggs, nuts, seeds, and whole grains, to optimise your results.

It is essential that you have read all of the information available. Please do let your practitioner know if you have any questions or if you do not understand any of the aftercare instructions provided below.

I confirm that I have read and understood all the information on this Form and that I have been given the opportunity to ask any questions that have come to mind throughout.