

Introduction:

Receiving glutathione injections can offer various health and aesthetic benefits, primarily due to its antioxidant properties. To ensure you get the most out of your treatment and mitigate any side effects, follow these aftercare recommendations.

Post-Injection Care:**Stay Hydrated:**

- Drink plenty of water. This helps your body to effectively process and utilise the glutathione.

Nutrition:

- Eat a diet rich in antioxidants, focusing on fruits and vegetables. Foods with high levels of vitamins C and E can enhance the effects of glutathione.
- Reduce alcohol consumption, as it can interfere with the antioxidant benefits.

Sun Protection:

- Limit exposure to direct sunlight. Glutathione can increase your skin's sensitivity to the sun, so using a sunscreen with high SPF is important.

Gentle Skin Care:

- Post-injection, opt for mild skincare products. Avoid harsh exfoliants or chemicals on the skin.
- Applying topical antioxidants like vitamin C can complement your glutathione treatment.

Exercise Moderation:

- Refrain from intense physical activity for at least the first 24 hours after your injection to prevent irritation or discomfort at the injection site.

Medications and Supplements:

- Stick to your prescribed medication regimen, unless advised otherwise.
- Before starting any new supplements, consult with your healthcare provider, as they may interact with the glutathione.

Regular Check-Ups:

- Attend follow-up appointments as scheduled to assess the treatment's progress and discuss ongoing care.

Watch for Side Effects:

- While adverse reactions are rare, promptly contact your healthcare provider if you experience symptoms like skin rashes, itching, or breathing difficulties.

Adequate Rest:

- Ensure you get sufficient sleep, aiding in the body's recovery and the efficacy of the treatment.

Avoid Smoking:

- Smoking can negate the effects of glutathione, so it's advisable to avoid it.

Maintaining Results:

- To maintain the benefits, you may need regular injections as recommended by your healthcare provider.
- A healthy lifestyle, including a balanced diet and regular exercise, is crucial for long-term results.

Remember, individual responses to glutathione injections can vary. Always follow the specific advice of your healthcare provider for optimal outcomes.

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.

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.