



# *IV Therapy*

## **PRE+POST CARE INSTRUCTIONS**

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### **PRE-TREATMENT CARE:**

#### **1. Hydrate Well:**

- Drink plenty of water the day before and day of your appointment. Good hydration helps make your veins more accessible and enhances the infusion experience.

#### **2. Eat a Light Meal**

- Consume a light meal or snack 1-2 hours prior to your appointment to maintain stable blood sugar and reduce the chance of dizziness or nausea.

#### **3. Wear Comfortable Clothing**

- Short sleeves or loose tops are ideal so your provider can easily access your arm

#### **4. Disclose Your Health History**

- Let us know if you:
- Are pregnant or nursing
- Take any medications or supplements
- Have allergies (especially to medications or adhesives)
- Have any chronic health conditions

#### **5. Arrive on Time**

- Please arrive 10 minutes early to allow for check-in and a brief health review.
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### **POST-TREATMENT CARE:**

#### **1. Leave the Bandage On**

- Keep your bandage on for 30-60 minutes post-treatment. This helps reduce bruising or bleeding.

#### **2. Keep Hydrating**

- Continue drinking water throughout the day to support optimal nutrient absorption and rehydration.

#### **3. Resume Normal Activities**

- You can return to your usual routine right away unless instructed otherwise. Some people feel energized, others more relaxed- it's all normal.

#### **4. Monitor Injection Site:** Mild redness or bruising is common. Contact us if you notice:

- Swelling or increased pain
- Redness that spreads
- Warmth or pus at the site

#### **5. Listen to your Body**

- If you feel dizzy, lightheaded, or unwell, sit or lie down and let us know. Seek medical help if symptoms persist.

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IT IS IMPORTANT TO FOLLOW THE SPECIFIC PRE+POST INSTRUCTIONS PROVIDED TO ENSURE THE BEST POSSIBLE HEALING AND RESULTS. IF YOU HAVE ANY QUESTIONS OR CONCERNS ABOUT THE INSTRUCTIONS, BE SURE TO CONTACT US FOR MORE GUIDANCE.

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