





## IV Therapy Aftercare Information:

### General Information





Most concerns encountered following an IV treatment can be prevented. The following are some of the most common and helpful preventive measures.

-  **Hydration:** Dehydration causes most post-IV symptoms and concerns. The therapy can be dehydrating as well, so it's best if one hydrates before, during, and after the procedure. Symptoms such as headache, dizziness, dry mouth, joint stiffness, joint aches, and others often are due to a need for more fluids. Sports drinks (e.g. Gatorade) and coconut water may be used, but water is best.
-  **Injection Site Care:** Your injection site was cleaned and attended to properly during your treatment. Even though the bleeding was stopped you can bruise and bleed internally for some time. If you have discomfort over the injection site, you may apply cold towels or ice for 10-15 minutes at a time. If the pain increases or redness over the site increases, please notify us promptly.

### Common concerns

Most post-IV symptoms are simply the nutrients working through your system. Increased/decreased energy, increased/decreased desire to sleep or eat are normal in the first day or two after an IV treatment. It is normal to be thirsty.

**If any of the following are progressively worsening after your treatment, please call our office immediately.**

-  Swelling over the veins / IV site
-  Redness over the vein that progresses and covers more area
-  Pain in the vein that is not improving over an 8-12 hour period
-  Headache that does not resolve with increased hydration or mild analgesics such as Aspirin, Tylenol or ibuprofen

### Contact information:

For questions or concerns not requiring an urgent response please email us at

[beth@belloramedicalaesthetics.com](mailto:beth@belloramedicalaesthetics.com)

For questions or concerns requiring an urgent response please call us at

206.683.4893.

**If you are experiencing a medical emergency, please call 911 promptly.**