



IV Therapy Treatment Post-Care Instructions:

To help you get the best results and avoid any unwanted side effects, please follow these after-care guidelines.

1. Hydration & Nutrition

- Continue to drink plenty of water for the rest of the day to support absorption and hydration.
- Eat a balanced meal with protein and whole foods after your session if you haven't already.

2. Activity

- You may resume normal daily activities immediately unless otherwise directed by your provider.
- Avoid strenuous exercise, hot tubs, and saunas for at least 12–24 hours, as your body is still adjusting to the infusion.

3. IV Site Care

- Keep the small bandage on for at least 30 minutes after treatment.
- If you experience slight tenderness, bruising, or swelling at the IV site, this is common and should resolve within a few days.
- Apply a cool compress to the area if needed for comfort.
- If redness, warmth, swelling, or pain worsens, contact your provider.

4. Possible Side Effects

- Some patients may feel lightheaded, flushed, or tired after treatment. Rest and hydrate as needed.
- Mild bruising at the IV site is normal.

- If you experience chest pain, difficulty breathing, dizziness that does not resolve, or signs of an allergic reaction (rash, itching, swelling of lips or tongue), seek immediate medical attention.

5. Alcohol & Substances

- Avoid alcohol for at least 24 hours after IV therapy, as it may interfere with hydration and vitamin absorption.

6. Medications & Supplements

- Resume your normal medication and supplement routine unless otherwise directed by your provider.

7. Follow-Up

- Your provider may recommend a series of IV therapy sessions for best results.
- Schedule your next appointment as directed to maintain optimal benefits.