

Pre + Post Care

# IV THERAPY

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## Pre-Treatment Care

### Hydration

Drink plenty of water in the 24 hours before your treatment. Hydration will help make it easier to find a vein for the IV and may improve your results.

### Eat a Light Meal

Have a light, balanced meal about 1-2 hours before your appointment. This will help stabilize your blood sugar during the therapy.

### Avoid Alcohol & Caffeine

Refrain from consuming alcohol and limit caffeine intake for 24 hours before your session. These substances can dehydrate the body and make the IV less effective.

### Comfortable Clothing

Wear loose, comfortable clothing with sleeves that can easily be rolled up to allow easy access to your arm for the IV.

### Medications

Continue taking any prescribed medications unless otherwise directed by your healthcare provider. If you have any concerns, please let us know in advance.

### Inform Your Practitioner

Let us know if you are pregnant, nursing, or have any health conditions such as heart problems, diabetes, or allergies. This will help us customize the treatment for your safety.

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## Post-Treatment Care

### **Rest & Relaxation**

After your treatment, take some time to relax. IV therapy can leave you feeling revitalized, but it's a good idea to give your body time to absorb the nutrients.

### **Stay Hydrated**

Continue to drink plenty of water over the next 24 hours to support the body in processing and utilizing the nutrients and hydration from the IV.

### **Avoid Alcohol & Caffeine**

Refrain from consuming alcohol for at least 24 hours post-treatment, as it can dehydrate you and reduce the benefits of the IV. Limit caffeine intake as well.

### **Light Physical Activity**

If you feel energized, light activity is fine. However, avoid strenuous exercise for 24 hours to allow your body to fully benefit from the therapy.

### **Monitor the IV Site**

It's normal to have slight bruising or swelling at the IV insertion site. If you experience significant redness, swelling, or pain, please contact us immediately.

### **Nutrition & Supplements**

You can resume your regular vitamins and supplements after the treatment. However, feel free to reach out for personalized advice on supplements based on your IV therapy.

### **Follow-Up Appointments**

If your treatment plan includes multiple sessions, be sure to schedule your next appointment as recommended by your provider to maintain optimal results.

### **Report Any Concerns**

If you experience any unusual symptoms, such as dizziness, fainting, or excessive swelling at the IV site, please contact us right away.