

## **\*\*IV Therapy Pre and Post Instructions & Expectations\*\***

### **\*\*Pre-Treatment Instructions:\*\***

1. **\*\*Hydrate Well\*\***: Drink plenty of water before your IV therapy session to ensure optimal hydration.
2. **\*\*Eat a Light Meal\*\***: Have a light meal or snack 1-2 hours before your treatment to prevent dizziness or nausea.
3. **\*\*Inform Your Provider\*\***: Let your provider know if you are taking any medications, have any allergies, or have health conditions.
4. **\*\*Comfortable Attire\*\***: Wear loose, comfortable clothing that allows easy access to your arms for the IV placement.
5. **\*\*Avoid Caffeine & Alcohol\*\***: Refrain from consuming alcohol or excessive caffeine on the day of your session, as they can dehydrate you.

### **\*\*Post-Treatment Instructions:\*\***

1. **\*\*Continue Hydration\*\***: Drink plenty of water after your IV therapy to help flush out toxins and maintain hydration.
2. **\*\*Avoid Strenuous Activity\*\***: Rest and avoid strenuous activities for a few hours after treatment to allow your body to fully absorb the nutrients.
3. **\*\*Monitor for Side Effects\*\***: Mild bruising or soreness at the injection site is normal. However, if you experience dizziness, fever, or swelling, contact your provider.
4. **\*\*Avoid Alcohol\*\***: Refrain from consuming alcohol for at least 24 hours post-treatment to allow your body to benefit fully from the IV nutrients.
5. **\*\*Resume Normal Activities\*\***: After a few hours, you can return to your regular daily activities unless instructed otherwise by your provider.

### **\*\*What to Expect from IV Therapy:\*\***

- **\*\*Immediate Hydration\*\***: You will feel more hydrated almost immediately after the therapy, which can improve energy levels, mental clarity, and skin appearance.
- **\*\*Nutrient Boost\*\***: IV therapy delivers essential vitamins and minerals directly to the bloodstream, promoting quicker absorption and faster effects compared to oral supplements.
- **\*\*Possible Sensation of Coolness\*\***: You may feel a cool sensation as the IV fluids enter your body, which is normal.
- **\*\*Mild Bruising or Soreness\*\***: Some individuals experience slight bruising or soreness at the injection site, which should resolve within a few days.
- **\*\*Post-Treatment Energy\*\***: Many clients report feeling revitalized, energized, and refreshed within a few hours or the next day.

Results can vary based on the type of IV therapy and individual response. Always follow your provider's recommendations for the best results.