IV Therapy & Shots *Aftercare*

Feeling your best after your wellness visit

Your wellness treatment supports hydration and energy from the inside out. Most clients feel great right away, and these tips keep you comfortable.

What to *expect*

When	What is normal
Right away	Mild soreness, tenderness or a small bruise at the IV or injection site.
Same day	Some clients notice a metallic taste, feeling cool, or brighter yellow urine with certain vitamins. These pass quickly.
Next 1 to 2 days	Any soreness or bruising fades.
Ongoing	Regular visits help maintain the benefits.

Caring for *yourself*

- Keep the bandage on for about 1 hour, then remove it.
- If the site bleeds, press gently with clean gauze and raise your arm.
- Avoid heavy lifting or strenuous use of that arm for the rest of the day after an IV.
- Keep drinking water and eat a balanced meal.
- A cool compress can ease any soreness or bruising at the site.

When to *call us*

Some redness and swelling right after treatment are normal. Please call DermaGlow at 703-288-3000 if you notice:

- Redness, swelling, warmth or hardness at the site that is spreading or getting worse
- Red streaks up the arm, fever or chills
- Numbness, tingling or severe pain in the arm
- Dizziness or feeling faint that does not pass
- **Hives, rash or itching.** Call 911 for chest pain, trouble breathing or swelling of the face, lips or throat.

Call 911 or go to the nearest emergency room right away for trouble breathing, or swelling of the lips, tongue or throat.

Your provider may also share instructions specific to your treatment. If so, please follow those along with this guide. Questions? Call DermaGlow at 703-288-3000.