

IV Therapy: Before & After Care

A Professional Guide to Intravenous Nutrient Optimization

Intravenous (IV) therapy is a clinical method of delivering vitamins, minerals, and hydration directly into the bloodstream, bypassing the digestive system for 100% absorption. To ensure a safe, comfortable, and effective session, please follow this clinical guidance regarding your preparation and recovery.

1. Preparation: Before Your Session

Proper preparation minimizes the risk of lightheadedness and ensures your veins are easily accessible for the clinical staff.

- **Hydrate Well:** Drink plenty of water (at least 500ml to 1L) in the 2–3 hours before your appointment. Well-hydrated veins are larger and easier to palpate, making the needle insertion smoother.
- **Eat a Light Meal:** Do not arrive on an empty stomach. Ensure you have eaten a protein-rich snack or a light meal within 2 hours of your session. This stabilizes your blood sugar and prevents dizziness during the infusion.
- **Limit Vasoconstrictors:** Avoid caffeine and nicotine for at least 4 hours before your session, as these can cause veins to constrict (narrow), making the procedure more difficult.
- **Wear Appropriate Attire:** Choose a top with sleeves that can be easily rolled up to the mid-bicep, or wear a sleeveless garment.

2. What to Expect During the Infusion

A standard IV session typically lasts between 30 to 60 minutes, depending on the volume of the infusion and your personal tolerance.

- **Minor Sensations:** You may feel a brief "pinch" upon insertion. During the drip, it is normal to feel a cool sensation in the arm or a metallic taste in the mouth (common with B-vitamins or Zinc).
- **Vitals Monitoring:** Our clinical team may monitor your blood pressure and pulse before and after the session to ensure physiological stability.
- **Communication:** If at any point you feel cold, nauseous, or experience discomfort at the injection site, please inform the staff immediately. We can adjust the drip rate for your comfort.

3. Aftercare Advice: Maximizing Results

The vitamins and minerals will remain in your system for several days. Follow these tips to support the absorption process:

- **Monitor the Site:** Keep the bandage on for at least 15–30 minutes. If you experience minor bruising, it is harmless and will resolve within a few days. You may apply a cold compress if the area feels tender.
- **Continue Hydration:** Drinking water after the session helps your kidneys process and distribute the concentrated nutrients throughout your cellular tissue.
- **Listen to Your Body:** Some patients feel an immediate surge of energy, while others may feel relaxed or sleepy initially (especially after high-dose Magnesium). Allow yourself a few hours of rest if needed.

Clinical Warning Signs

While extremely rare, please contact a healthcare provider if you experience symptoms of an allergic reaction (shortness of breath, rash, or swelling) or persistent pain/redness at the injection site that worsens after 24 hours.

A Professional Note from Our Clinical Team

IV therapy is a supportive tool designed to complement a healthy lifestyle. Your safety and comfort are our primary concerns. If you have any history of heart conditions, kidney issues, or known allergies to specific vitamins, please ensure these are disclosed during your consultation prior to therapy.