

(IV) INTRAVENOUS AND (IM) INTRAMUSCULAR NUTRITIONAL THERAPY (NT)
PRE/POST TREATMENT INSTRUCTIONS

PRE-CARE

- You may not be treated if you are pregnant or nursing, have difficulty swallowing, nerve injury or weakness, or an infection in the injection area. Inform your medical provider if you are on blood thinners.
- IV therapy may take up between 60 - 150 minutes, depending on the infusion and other factors. Please plan your schedule accordingly, to allow for adequate time for your infusion.
- Always drink 2 large glasses of water (24 oz.) before and after your treatment.
- Eat a good meal before arriving for your therapy. Include carbohydrates and protein in the meal. A combination of carbs and protein will help to keep the blood sugar stable during the treatment.
- Do not drink soda, coffee, or tea prior to your treatment. Caffeine dehydrates you and makes it more difficult to start your IV.
- Do not take vitamin and/or mineral supplements prior to your treatment unless otherwise specified by your physician.
- Do not exercise 1 hour before or after your treatment.
- Inform the practitioner/IV technician of any changes in medication.
- Inform the practitioner/IV technician of any changes in your health status since your last treatment (chest pain, shortness of breath, weight gain/loss, leg pain, bladder problems, etc.)
- Inform the practitioner/ IV technician if you are pregnant or nursing.

DURING YOUR IV TREATMENT

- Inform your nurse immediately if you feel dizzy or nauseated, or increased heart rate.
- Do not cross your legs during your treatment. The IV contents need to be able to circulate easily throughout your body.
- Bathroom: Always ask your nurse for assistance when using the bathroom. When getting up to use the bathroom, roll the IV pole into the bathroom using your non-IV arm. If your blood backs up into the tubing, do not be alarmed. Sit down, and the fluid in the drip chamber should continue and the blood will return to you. If this does not happen, notify your nurse immediately.
- Do not stand up too quickly during or after treatment, to avoid dizziness.

POST CARE

- At the end of your treatment, a bandage will be applied to the IV site. If you bruise easily, leave the dressing on for one hour. Otherwise, it can be removed after 15 minutes. Call the medical spa if you observe anything unusual.
- Drink at least 24 ounces of water.
- Get plenty of rest.
- Adhere to all safety precautions and home care programs as recommended. If any of the side effects become severe or troublesome, immediately contact the medical spa. Should you require emergency assistance outside of regular business hours, please call 911 and seek medical attention.

It is the responsibility of each guest to fully review the Pre-Care and Post Care guidelines. If a scheduled service requires modification/cancellation because you do not meet the aforementioned criteria, you are responsible for notifying the medical spa no less than 24 hours in advance to avoid a late cancellation fee of \$75.00. If you are unable to contact an Ageless Aesthetics MediSpa representative within normal business hours, please leave a detailed voicemail. The voicemail system date-stamps/timestamps all voicemails with Mountain Standard Time (MST) zone times. Cancellations and modifications must be made within the MST zone to avoid no-show/late cancellation fees. If you have ANY questions or concerns, please call our office during business hours at 505.473.SKIN (7546).