

POST IV THERAPY

Aftercare

After receiving intravenous therapy many patients experience significant improvements including more energy, better mental clarity, improved sleep, and overall feelings of well being. Here are some aftercare guidelines.



Apply pressure to the site for 2 minutes.. Keep a bandaid on for 1 hour.



Drink at least 16-32 oz of water after your infusion to help detoxification.



Warm packs and elevating your arm can be used for bruising at the site.



Cold packs can be used for pain relief and to decrease swelling at the site.

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After IV therapy you'll generally feel better right away. However, should you feel unwell, you are likely dehydrated. Symptoms include:

- Headache
- Nausea
- Joint pain
- Blurred vision
- GI cramping
- Muscle cramping
- Mental confusion
- Disorientation



Discuss the frequency of treatments with your provider based on your goals and conditions you're looking to treat.



Call Hydrologie if you have:

- Significant swelling at the IV site
- Redness of the vein increasing in size
- Pain in the vein/arm not improving over an 8-12 hour period
- Headache that does not resolve with increased hydration or with over the counter pain relievers

