

IV Therapy Aftercare Instructions

Thank you for choosing us for your IV Therapy treatment. Proper aftercare is essential to ensure safe healing and the best possible results. Please follow these instructions carefully:

What to Expect:

- Mild soreness, bruising, or redness at the injection site
- Feeling energized or, occasionally, mildly fatigued
- Increased urination due to hydration from the IV fluids
- Benefits (hydration, energy, symptom relief) typically noticed within hours to 1 day

Immediately After Treatment:

- Keep the bandage on for at least 1 hour after treatment
- Apply light pressure if slight bleeding occurs at the insertion site
- Stay hydrated — continue drinking plenty of water
- Rest if feeling tired; avoid strenuous activities if lightheaded

First 24 Hours:

- Monitor the injection site for redness, swelling, or discomfort
- Avoid heavy lifting or intense exercise with the arm used for the IV
- Continue drinking water to maximize the effects of the therapy
- Eat balanced meals to support vitamin and nutrient absorption

Ongoing Care (Days 2-14):

- Maintain good hydration to prolong the benefits of your treatment
- Resume all normal activities as tolerated unless otherwise advised
- Book additional IV sessions as recommended based on your treatment plan
- If bruising occurs, it will typically resolve within a few days
- Use arnica gel or cold compresses if you experience any bruising or tenderness

When to Contact Us:

Please reach out immediately if you experience:

- Significant swelling, warmth, or redness at the IV site

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- Severe pain or streaking redness moving up the arm
- Fever or feeling generally unwell
- Persistent bleeding or bruising that worsens over time

Additional Tips:

- Avoid alcohol for 24 hours post-treatment to maximize hydration benefits
- Rest if you feel tired — it's your body's natural response to nutrient replenishment

If you have any questions or experience any unusual symptoms, please contact us at 808.585.8855. Thank you for trusting us with your care!