

SERENITY MEDICAL AESTHETICS

conservative dosing • natural results

Vitamin Injection Pre-Procedure Instructions

- Avoid anti-inflammatory/blood thinning medications, if possible, 3– 5 days before treatment. If any of these have been prescribed by a cardiologist or neurologist, please inform the nurse practitioner in advance and check with your prescribing doctor to see if you can pause the medications for your treatment.
- Complete all related consent forms and intake forms and be sure to disclose all medical history, fear of needles and current medications to your provider.
- Do NOT consume alcoholic beverages at least 24 hours prior to treatment (alcohol may thin the blood and increase the risk of bruising)
- Please reschedule your appointment at least 24 hours in advance if you experience flu-like symptoms, rash or a respiratory infection the day prior to treatment.
- Be sure to be hydrate and have a snack or light meal before your procedure. This will decrease the chances of lightheadedness during your treatment.
- You are not a candidate if you are pregnant or breastfeeding.

Post Procedure Instructions

What is Normal after a Procedure

- Like any shot, a vitamin injection may cause some discomfort. It is normal for the injection site to burn for just a few minutes immediately or shortly after the injection. This will dissipate once the product diffuses into the muscle. Most patients can resume their normal activities immediately after the injection.
- Side effects can occur but are often very mild. The most common symptoms are pain, redness, tenderness, swelling, a bruise or itching at the injection site. Some people experience mild diarrhea. These effects will usually resolve within 48 hours but may last longer in some cases. If you experience any mild discomfort afterwards you can take a simple over the counter painkiller.

How to Maximize Your Results

- A balance diet, adequate hydration and consistent exercise regiment will augment any weight loss efforts.
- Optimal results are achieved with clients who continue treatments routinely. Frequency will depend on your individual needs/goals as well as your medical history. Please discuss this with your provider to develop the best plan for you.

Seek Immediate Medical Care if You Experience:

Serious complications are rare, but it's vital that you seek immediate medical care if anything like this occurs:

- Skin infection around the injection site which can present as hot, red, shiny skin, there may be pus formation and you may have a fever or feel generally unwell.
- Muscle cramps, irregular heartbeat, unusual weakness or tiredness, or swelling of the ankles or feet.
- Call 911 or go to the ER if you develop a severe rash, itching and swelling of the face, throat, or tongue, breathing difficulties, or severe dizziness. These are signs of a severe allergic reaction.
- People who have a rare blood disorder called polycythemia vera may infrequently have symptoms related to their disorder while taking B12 injections (cyanocobalamin). Please call 911 if any of these rare but very serious symptoms occur: chest pain, shortness of breath, one-sided body weakness, sudden vision changes, or slurred speech.

outer beauty

inner peace



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