



## YOUR POST CARE INSTRUCTIONS

### IV THERAPY

Thank you for choosing **Dream Aesthetic by Dr. Ortiz** for your IV Vitamin Therapy. To ensure you experience the full benefits and avoid any discomfort, please follow the instructions below carefully:

#### IMMEDIATELY AFTER YOUR INFUSION:

- Apply gentle pressure to the injection site for 2 minutes after the IV is removed
- Keep the bandage on for at least 1 hour
- **If bruising occurs:** Apply a **warm pack** and elevate your arm
- **If swelling or tenderness occurs:** Use a **cold compress** for relief
- Swelling should significantly reduce within 24 hours

#### HYDRATION IS KEY!

Dehydration is the most common cause of post-IV symptoms. Please drink at least **32 oz (2 bottles)** of water over the next few hours.

Lack of hydration can lead to:

- Headaches
- Nausea
- Muscle or GI cramps
- Joint pain
- Dizziness or blurred vision
- Mental fog or disorientation

#### WHAT TO EXPECT:

💧 **Most patients report feeling:**

- Increased energy
- Better sleep
- Mental clarity
- A sense of well-being

🌿 **Some may feel tired or off temporarily:**

This may be a **detox effect**. As toxins leave your tissues and enter the bloodstream, you may feel temporarily unwell. This is a natural part of healing and usually resolves within 24–48 hours.

#### TREATMENT FREQUENCY:

The number of treatments varies depending on:

- Your individual health status
- Condition being addressed
- Your response to treatment

We typically recommend **2–5 sessions** to begin, followed by maintenance therapy as needed.

#### CALL US IF YOU NOTICE:

- Significant swelling or redness at the IV site
- Pain that worsens or does not improve within 8–12 hours
- Persistent headache that doesn't respond to hydration or pain relief
- Any symptoms you're unsure about

📞 **(346) 539-2104**

#### OTHER NOTES:

- A vitamin-like smell in your sweat or changes in urine color are normal and temporary
- Avoid strenuous activity for a few hours post-infusion
- Rest, hydrate, and let your body absorb the benefits!