



## YOUR POST CARE INSTRUCTIONS

### NAD+ INJECTION

Thank you for choosing **Dream Aesthetic by Dr. Ortiz** for your NAD+ therapy. NAD+ (Nicotinamide Adenine Dinucleotide) is a coenzyme essential to energy production, DNA repair, and cellular vitality. Subcutaneous administration allows for a slower, sustained absorption—ideal for ongoing cellular rejuvenation. Please follow these aftercare instructions for optimal results.

#### IMMEDIATELY AFTER INJECTION:

- You may notice **mild soreness, swelling, or redness** at the injection site. This is normal and should resolve within 24–48 hours
- Avoid touching, rubbing, or applying pressure to the area
- If needed, apply a **cool compress** for 10–15 minutes to reduce discomfort
- Keep the area clean and avoid applying creams or makeup for 6–8 hours

#### HYDRATION & METABOLIC SUPPORT:

- Drink **plenty of water** (at least 32 oz over the next few hours) to support cellular detox and metabolic activity
- Eat a light, balanced meal within a few hours post-treatment to help stabilize energy levels

#### WHAT TO EXPECT:

NAD+ works deep within your cells—some effects are immediate, while others build over time.

#### ✓ You may experience:

- Enhanced mental clarity and focus
- Improved energy and stamina
- Better mood and emotional balance
- Restful sleep and reduced brain fog

#### You may also notice temporary symptoms such as:

- Mild fatigue
  - Dizziness or lightheadedness
  - Slight nausea (especially if fasting)
- These are signs of detox and typically resolve within 24–48 hours. Continue hydrating and resting as needed.

#### RECOMMENDED FREQUENCY:

NAD+ results are cumulative and improve with consistency.

Most clients begin with **weekly or bi-weekly injections** for 4–6 sessions, followed by **monthly maintenance** depending on lifestyle and goals.

#### WHEN TO CALL US:

##### 📞 Contact us if you notice:

- Persistent redness, swelling, or pain at the injection site
- Dizziness that worsens or doesn't improve with hydration
- Any symptoms that concern you or feel unusual

#### We're here to support your journey!

📞 (346) 539-2104

🌱 **REST. RECHARGE. RENEW.**

NAD+ is a powerhouse in your wellness plan—support it with sleep, hydration, whole foods, and a healthy lifestyle.