



## YOUR POST CARE INSTRUCTIONS

### OZEMPIC (SEMAGLUTIDE)

**Thank you for starting your weight loss journey with Dream Aesthetic by Dr. Ortiz.**

Ozempic (Semaglutide) is a GLP-1 receptor agonist that helps regulate appetite, blood sugar, and insulin response. Below are your post-injection care and lifestyle guidelines.

#### AFTER YOUR INJECTION:

- Expect **mild tenderness or swelling** at the injection site — this is normal
- Use a **cool compress** if needed
- Avoid massaging the area

#### STAY HYDRATED:

- Drink at least **2 liters (64 oz)** of water daily
- Hydration helps prevent nausea and supports weight loss

#### EATING & DIGESTION:

- **Eat slowly** and stop at the first sign of fullness
- Focus on small, protein-rich meals
- Avoid greasy, spicy, or fried foods, especially in the first 24–48 hours
- Minimize alcohol intake (can increase nausea or interact with the medication)

#### POSSIBLE SIDE EFFECTS:

Most side effects are temporary as your body adjusts:

- Mild nausea
- Bloating or belching
- Fatigue
- Constipation or diarrhea

These usually improve over time as dosage stabilizes.

#### WHEN TO CONTACT US:

📞 Call us if you experience:

- Severe abdominal pain
- Vomiting that won't stop
- Dizziness, dehydration, or weakness
- Unusual swelling or reactions at the injection site

We're here for you: (346) 539-2104

**Stay consistent, hydrated, and in touch. You've got this.**