



Dream Aesthetic
by Dr. Ortiz

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Pre-Care Instructions – NAD+

Thank you for choosing Dream Aesthetic for your Sculptra® treatment! To ensure your safety, comfort, and the best possible results, please carefully follow these pre-care instructions:

What is NAD+?

NAD+ is a vital coenzyme found in every cell of the body. It plays a key role in **energy production, cellular repair, brain function, and anti-aging**. NAD+ injections help replenish declining levels, boosting your overall wellness, mental clarity, and vitality.

Before Your Treatment

Stay Well Hydrated:

- Drink plenty of water for **24 hours before** your injection. Good hydration supports better absorption and reduces the risk of side effects like headaches or lightheadedness.

Eat a Light Meal:

- Have a small, balanced meal or snack before your session to help stabilize blood sugar and prevent dizziness or nausea.

Limit Alcohol & Caffeine:

- Avoid alcohol for **24 hours before** treatment. Limit caffeine on the day of your injection to keep your system calm and balanced.

Avoid Strenuous Exercise:

- Refrain from intense workouts right before your appointment to help your body receive the NAD+ calmly and reduce any stress on your system.

Disclose Medications & Health Conditions:

- Let your provider know about any current medications, supplements, or medical conditions including heart issues, autoimmune disorders, or allergies.

Postpone If Unwell:

- If you're feeling sick, have a fever, or are experiencing any infection, please reschedule your appointment for a later date.

Day of Treatment

Arrive Relaxed & Comfortable:

- Wear loose, comfortable clothing and allow yourself time to relax before and after your injection.

Plan for Rest:

- Some clients may feel tired, relaxed, or energized after NAD+ therapy. It's helpful to avoid scheduling high-demand activities right after your session.

What to Expect:

- NAD+ is **well-tolerated** by most people.
- Some may experience mild side effects like **flushing, warmth, lightheadedness, or slight nausea**—these are temporary and resolve quickly.
- Benefits can include **improved energy, sharper focus, better sleep, and enhanced mood**.

📞 **(346)5392104**

📍 **20923 Kingsland Boulevard. Katy, Tx. 77450**

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