



## Dream Aesthetic by Dr. Ortiz

### *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**.

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