



IV Hydration Therapy: What To Expect

Preparing for your IV treatment:

- Wear a loose-fitting shirt that we can roll up to your elbow.
- Have something to eat. Some of our vitamins may have temporary blood sugar and blood pressure effects, which may make you feel light-headed. This is only temporary. Eating something beforehand can minimize these effects.
- Drink water! The more hydrated you are, the easier we will be able to access your veins.
- Avoid the following: Antihistamines & decongestants have a constricting effect on blood vessels, which can make treatment difficult. Advil and Aspirin are blood thinners and can increase bruising.

What to expect during your IV treatment:

- Total treatment can take anywhere from 30-60 minutes, depending on the cocktail you choose. Please allow yourself a full hour for your treatment.
- Some people experience feelings of cold, warmth, tingling from your fingers up into your chest, and stiffness. Others taste or smell the vitamins. These are all normal and will resolve following your treatment.
- Please let us know if you experience light-headedness or nausea during your treatment. We can adjust the flow to help alleviate these sensations.
- The most common complication during IV therapy is known as an infiltration. This happens when IV fluid leaks into your surrounding tissues, and can be caused by dislodgement of the IV needle, often by patient movement. This is a non-serious complication, and can be avoided by keeping your arm still during treatment.
- Many people report feelings of relaxation during IV treatment. We want you to enjoy your experience every time you visit. Please let our staff know if there's anything we can do to help make your experience more comfortable.

What to expect after your IV treatment:

- Frequently, people experience immediate increases in energy, mental clarity, and an overall sense of wellness. These effects can be subtle, or not noticed until the next day or two following treatment. You may require several treatments before you start experiencing maximum benefits from treatment.
- You can continue your daily routine without restriction immediately following treatment. This includes any exercise regimen you may be following. It is important to stay hydrated and eat regularly.
- Minor bruising of the IV site is common and to be expected. This should resolve within the week. If you experience pain or swelling in your arm at the injection site, fever or any additional side effects not mentioned, please contact your Physician or go to the nearest emergency room.
- Illness, stress, lack of sleep and poor eating habits all contribute to nutrient depletion and dehydration. Without adequate nutrition, we experience a buildup of waste product, or toxins inside our cells. IV therapy delivers high doses of vitamins, nutrients, minerals, antioxidants and amino acids directly into your bloodstream, bypassing your digestive system. This can give your metabolism a 'jump-start'. For this reason, you may experience fatigue, headache, nausea or light-headedness following your IV treatment. This is more common upon starting IV therapy, as your body releases the stored metabolic waste and toxic products.