



IV HYDRATION PRE & POST CARE INSTRUCTIONS

We look forward to seeing you for your appointment. Below are the pre- and post-care instructions for your treatment.

PRE-CARE INSTRUCTIONS:

Please Do Not:

- Undergo IV hydration therapy if you are pregnant, breastfeeding, or have any medical conditions such as kidney disease, heart failure, or untreated chronic illnesses
- Receive treatment if you are experiencing an acute illness, infection, or fever
- Consume alcohol 24 hours prior to your treatment

Please Do:

- Stay well-hydrated and eat a light meal before your appointment.
- Inform your provider if you have any questions about this prior to the treatment.
- Provide an accurate medical history and inform your provider of any medical updates, including new medications, supplements, allergies, surgeries, or medical events.
- Notify your provider if you have a fear of needles, a history of fainting during injections, or concerns about the procedure.

Day of Treatment:

- Please arrive a few minutes early to complete check-in and any necessary paperwork.
- Wear loose and comfortable clothing to allow access to your arms.

POST-CARE INSTRUCTIONS:

Hydration:

- While the therapy provides a direct boost of fluids, continuing to drink water helps sustain hydration levels. This ensures that the nutrients delivered during your IV hydration are effectively circulated and absorbed.

Physical Activity:

- Avoid strenuous activity for the first 2-4 hours following treatment. Doing so will allow your body to effectively deliver and absorb the nutrients.

Site Care:

- Minor discomfort, bruising, or swelling at the injection site is normal. You may use a cold compress on the injection site.
- Contact your provider immediately if you experience severe pain, redness, warmth, or signs of infection at the injection site.
- You may remove any Band-Aid or dressing 1-2 hours following treatment.

Additional Considerations:

- Monitor how you feel post-treatment and reach out to your provider if you have any concerns or unexpected side effects.
- Serious side effects from IV hydration are extremely rare, and most patients tolerate the procedure very well. In the unlikely event of a reaction, it's most likely to happen while you're still in our office, where our trained staff can quickly address any concerns. However, if you experience symptoms such as shortness of breath or chest discomfort after leaving, please call 911 as a precaution. For minor issues like mild redness, itching, or a slight rash, please contact us promptly.

Follow Up:

- Talk to your provider about your recommended IV treatment frequency which is typically every 1-2 weeks.
- Please contact us if you have any questions or concerns. Text is the best method of contact if you have after-hours questions.

Thank you,

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