

IV Vitamin Infusion Therapy – Post Care

After Your Treatment

- Drink plenty of water for the remainder of the day to support hydration and nutrient utilization
- Eat a balanced meal to help stabilize blood sugar and support overall recovery
- You may return to your normal daily activities unless otherwise instructed

What to Expect

It is normal to experience mild, temporary effects following your infusion, including:

- Bruising, tenderness, or slight swelling at the IV site
- A feeling of warmth or flushing during or shortly after treatment
- A subtle energy shift (increase or decrease depending on infusion type)
- Mild fatigue, especially after NAD+ or high-dose Vitamin C infusions

| These symptoms are typically mild and resolve within 24–48 hours

IV Site Care

- Keep the area clean and dry
- Mild bruising is normal and may last a few days
- Avoid excessive touching or pressure on the site

When to Contact RN Esthetics

Please notify us if you experience:

- Persistent pain, redness, swelling, or warmth at the IV site
- Fever, chills, or signs of infection
- Dizziness, shortness of breath, or heart palpitations
- Any reaction that feels unusual or concerning

Pro Tip

IV therapy works best as part of a consistent wellness routine. Your provider may recommend a customized schedule based on your goals, lifestyle, and nutrient needs.