



Intravenous Micronutrient Therapy Treatment Instructions

During your first visit for IV Micronutrient Therapy

During the first visit, a Physician, Registered Nurse or Physician Assistant will discuss your main complaints and desired outcomes with you. The Physician, Registered Nurse, Nurse Practitioner or Physician Assistant will review your medical & surgical history and any medications you are taking. Based on this assessment, your Intravenous (IV) infusion will be mixed to address your individual needs.

What to expect

The IVs used during your Intravenous (IV) infusion therapy are exactly the same that you would find in a hospital. Instead of a clinical experience though, our IV infusions are given in a peaceful spa setting and leave you feeling calm, relaxed, and refreshed. All of our infusions last from 30-60 min. Our friendly and attentive staff will keep you calm, cared for, and comfortable during your infusion. Clients find the experience tranquil and healing. Clients leave feeling vibrant, energized, and refreshed.

Discharge Instructions for Intravenous (IV) Nutrient Therapy

How to care for yourself after your IV Micronutrient Therapy

- Apply pressure to site for 2 minutes after IV has been removed
- Keep Band-Aid in place for 1 hour
- Warm packs and elevating your arm can be used for any bruising at the site
- Cold packs can be used for pain relief and to decrease any swelling at the site
- Any swelling at the injection site should be significantly reduced in 24 hours
- Post IV infusion symptoms are uncommon. Dehydration is the cause of most symptoms and concerns.
- We encourage you to drink at least 1-2 16oz. bottles of water after your IV infusion.
- If enough water is not consumed, you may experience any of the following symptoms: headaches, nausea, joint pain, blurred vision, cramping (GI and/or muscular), mental confusion or disorientation.

Most patients experience significant overall improvements

- Better energy
- Better mental clarity
- Improved sleep
- Improvement of their complaints
- Overall feelings of well being

Patients commonly report one of two patterns after an IV Vitamin Therapy infusion

- Clients generally feel better right away. Due to a busy lifestyle, many people are chronically dehydrated and deficient in vitamins and minerals causing them to not feel well. Once the client is hydrated and the nutrients are replaced, their symptoms improve quickly.
- Clients sometimes feel tired or unwell. These clients are generally in the process of detoxifying. When toxins are pulled out of tissues, they re-enter the blood stream. They remain poisons, but they are now on their way OUT instead of on their way IN. Even when clients do not feel well at this stage, the process is one of healing and cleansing. After this period, an overall improvement in one's sense of well-being is generally reported.

Call Keep Glowing Medical Spa or your Primary Care Physician for:

- Any symptoms you are not comfortable with
- If any of the following are progressively worsening after your IV infusion:
 - Significant swelling over the IV site
 - Redness over the vein that is increasing in size
 - Pain in the vein/arm that is not improving over an 8-12 hour period
 - Headache that does not resolve with increased hydration or over-the-counter pain relievers like aspirin, Acetaminophen or Ibuprofen.

If you feel like you are having a life threatening emergency, please call 911.