

B-12 INJECTIONS

PRE-TREATMENT CARE:

1. Inform Your Provider: Inform your treatment provider of any medical conditions, allergies, or medications you are currently taking, especially if you have any known allergies to vitamin B-12 or cobalt.
2. Hydrate: Ensure you drink plenty of water before your appointment to help with the absorption of the vitamin.
3. Eat a Light Meal: Have a light meal or snack before your session to help prevent any lightheadedness or dizziness during the injection.
4. Avoid Alcohol: Refrain from consuming alcohol at least 24 hours before your appointment, as it can interfere with the absorption of vitamin B-12.
5. Medication Review: Continue taking any prescribed medications unless instructed otherwise by your healthcare provider. Inform us of any medications you are currently taking.
6. Comfortable Clothing: Wear comfortable clothing that allows easy access to the injection site, typically the upper arm or buttock.
7. Health Conditions: Inform the staff of any existing health conditions, including pregnancy or breastfeeding.

POST-TREATMENT CARE:

1. Monitor for Reactions: Monitor the injection site for any signs of adverse reactions such as redness, swelling, or pain. If you experience any severe reactions, contact us immediately.
2. Hydrate: Continue to drink plenty of water after your injection to help with the absorption of the vitamin and overall hydration.
3. Rest: Take it easy for the rest of the day, especially if you experience any lightheadedness or dizziness after the injection.
4. Avoid Alcohol: Avoid alcohol for at least 24 hours after your injection to ensure optimal absorption of the vitamin.
5. Healthy Diet: Maintain a balanced diet rich in nutrients to complement the effects of the B-12 injection and support overall health.
6. Exercise: You can resume normal activities and exercise unless otherwise instructed by your healthcare provider.
7. Follow-Up Appointments: Schedule any follow-up appointments as recommended by your provider to maintain the benefits of B-12 injections.
8. Questions or Concerns: Do not hesitate to contact our office if you have any questions or concerns about your treatment.

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