

# IV HYDRATION THERAPY

## PRE-TREATMENT CARE:

1. Inform Your Provider: Inform your treatment provider of any medical conditions, allergies, or medications you are currently taking.
2. Hydrate: Ensure you drink plenty of water before your appointment to make it easier to find a vein and to maximize the benefits of the treatment.
3. Eat a Light Meal: Have a light meal or snack before your session. This can help prevent any lightheadedness or dizziness during the treatment.
4. Avoid Alcohol: Refrain from consuming alcohol at least 24 hours before your appointment as it can dehydrate you and interfere with the effectiveness of the therapy.
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 with sleeves that can be easily rolled up to allow access to your arms.
7. Health Conditions: Inform the staff of any existing health conditions, allergies, or if you are pregnant or breastfeeding.
8. Relaxation: Arrive a few minutes early to fill out any necessary paperwork and to relax before your session.

## POST-TREATMENT CARE:

1. Hydrate: Continue to drink plenty of water after your session to maintain the benefits of the therapy.
2. Rest: Take it easy for the rest of the day. While most people feel energized, some might feel slightly tired after the session.
3. Monitor: Pay attention to how you feel. It's normal to experience a sense of well-being and increased energy. However, if you experience any adverse reactions such as dizziness, nausea, or prolonged pain at the injection site, contact us immediately.
4. Avoid Alcohol: Avoid alcohol for at least 24 hours after your therapy as it can dehydrate you and counteract the benefits of the treatment.
5. Healthy Diet: Maintain a balanced diet to complement the hydration therapy and support overall health.
6. Exercise: Avoid strenuous exercise for 24 hours after the therapy to allow your body to fully benefit from the treatment.
7. Follow-Up: Schedule any follow-up appointments as recommended. Consistent treatments may be necessary to achieve optimal results, depending on your health goals.
8. Questions or Concerns: Do not hesitate to contact our office if you have any questions or concerns about your treatment.

### LAKE OSWEGO, OR

4309 Oakridge Rd  
Lake Oswego, OR 97035  
Call/text: (503) 388-3334

### RIDGEFIELD, WA

411 N Main Ave  
Ridgefield, WA 98642  
Call/text: (360) 727-0023