

How to care for yourself and your IV site:

- Leave bandage in place for one hour
- Elevate arm and apply warm moist heat for any pain or swelling at the site
- Any swelling should improve in about 24 hours
- Drink at least one to two 16 oz bottles of water after your infusion

How you may feel after your infusion:

- Our customers generally feel better right away. You should experience increased energy, better mental clarity, improved sleep, and an overall sense of well-being.
- Drinking enough water is essential. Due to our busy lifestyles, many people are chronically dehydrated and deficient in vitamins and minerals. This often leads to generally not feeling well. Once you are re-hydrated and your nutrients are replaced, you will quickly feel better.
- Post infusion symptoms are uncommon but may be caused by dehydration and the process of detoxifying. These symptoms can include fatigue, headaches, nausea, joint pain, blurred vision, muscle cramping or disorientation and is often due to toxins being pulled out of your tissues. Although you may not feel well, your body is in the process of cleansing and healing. When this period is over, your symptoms will subside and leave you with feeling of improvement in your overall sense of well-being.

When should you call Support IV Bar?

- Any symptoms you are not comfortable with or if you have any questions
- Significant swelling or increasing redness or pain at your IV site
- Headache that does not resolve with increased hydration or over the counter pain relievers
- Call 911 if you feel like you are having a life threatening emergency