



# MEDICAL WEIGHT LOSS

## PRE AND POST CARE

### PRE-TREATMENT CARE:

Pre visit and post care instructions for RUMA's Medical Weight Loss are intended to optimize your weight loss journey. Although this list is not all inclusive, it is important that you read and comply with the following pre visit and post care instructions.

- If you are a first time patient to RUMA, please plan on arriving at the clinic 15 minutes prior to your appointment to fill out necessary paperwork.
- Prior to starting RUMA's Weight Loss Program, you will first have an in depth consultation with our Physician who will gather your medical history, allergies, current medications and any contraindications or precautions. It is important to have accurate medication, supplements, or vitamins and correlating dosages.
- Labs and a DEXA scan will be ordered at this appointment. This scan will show your body composition of fat, muscle, and bone. Periodic followup DEXA scans will be obtained to monitor your weight loss and body composition.
- Based upon which medication is right for you, you will either be prescribed a weight loss medication that can be administered by mouth or by small injections in the fatty tissue of the body.
- It is imperative to understand the prescribed dosage, injection technique if your medication is in an injectable form, and the frequency of the medication based on your treatment plan you have made with your physician.
- Store medication as directed by Physician (i.e. Semaglutide must be stored in the fridge. Do not freeze).
- Your physician will provide you with a handout that will correspond with your exact medication dosages that are right for you. Please review this information and keep a copy for your ongoing care throughout the program.

### POST-TREATMENT CARE:

- If you have an injectable medication, we will provide you with a step-by-step instructional sheet to walk you through administering your injections.
- Please ensure you are drinking plenty of water while taking prescribed medications! Aim for at least 24 ounces each day!
- It is important to follow the prescribed dose. If you happen to miss a dose, do not replace or double your next dose. Please consult your physician if you have any questions.
- Depending on what medication you are prescribed, side effects such as nausea, vomiting, diarrhea are anticipated. If you are prescribed anti-nausea medication, take 30 minutes prior to the administration of your medication.
- Please do not take any additional vitamins and/or mineral supplementation unless determined appropriate by your physician.
- If you are prescribed medication that requires injections, the injection site may be tender after treatment.



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### POST-TREATMENT CARE:

- Monitor your injection site for increased redness, pain, warmth, or swelling that worsens with time. This could be a sign of infection or an adverse reaction. If this occurs, please call RUMA Medical Aesthetics at 801-514-7650.
- If any type of serious adverse reactions occurs such as shortness of breath, trouble swallowing, chest pain, severe headaches, changes in consciousness, increased pain/swelling where the injection was given, or anything else concerning call 911 or report to the emergency department immediately.

**If you have questions after your appointment please call 801-514-7650 or for after-hours questions, please text 435-210-6401**

Thank you for choosing RUMA Aesthetics!