



R U M A  
*aesthetics*

# IV THERAPY

## PRE AND POST CARE

### PRE-TREATMENT CARE:

- If you are a first time patient with RUMA, please plan on arriving at the clinic 15 minutes prior to your infusion to fill out necessary paperwork. If you are a repeat patient, arrive 5 minutes before your infusion.
- You may take your regular prescribed medications or over the counter medication as normal on the day of treatment as approved by the provider(s) prior to treatment.
- Depending on which IV therapy you have selected from our menu, please plan on allowing at least 90 minutes or more for adequate time for the IV to comfortably infuse.
- Please wear something that is loose-fitting and gives access to both of your inner elbows.
- Prior to IV therapy or injection treatments, please come in as hydrated as possible and continue to stay hydrated after your treatment to optimize results.
- Prior to your IV treatment please ensure that you have something in your stomach. Having a meal will help you avoid nausea and lightheadedness during and after your IV session, and help you stay comfortable during the treatment.
- Avoid alcohol, coffee, tea, or highly caffeinated soda 24 hours prior to treatment. These beverages can make you dehydrated and make it hard to place the IV.
- Please make sure that you have discussed any current medications, allergies, or disease processes with your provider. As well as an up to date medical/physical history.
- Please do not take any additional vitamins and/or mineral supplementation 48 hours prior to your treatment.
- Please inform us if you have recently had covid-19 or are currently experiencing any chest pain, shortness of breath, leg pain, liver or kidney problems, heart conditions, bleeding disorders or could be pregnant.
- You cannot be pregnant or nursing for this treatment.

### POST-TREATMENT CARE:

- The bandage on your insertion site should stay in place for one hour to prevent bruising.
- Please ensure you are drinking plenty of water!
- You may resume regular showering and bathing after treatment.
- The IV infusion or injection site may be tender after treatment. However, monitor your IV site for increased redness, pain, warmth, or swelling that worsens after treatment. This could be a sign of infection or an adverse reaction. If this occurs, please call RUMA Medical Aesthetics at 801-529-8628.
- If any mild side effects occur such as hives, nausea, fever, cramping, headaches, or any additional non-life-threatening symptoms please call RUMA Medical Aesthetics at 801-529-8628 immediately. If it is after hours, please report to your closest urgent care or emergency department.



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### POST-TREATMENT CARE:

- If any type of serious adverse reactions occurs such as diffuse hives, shortness of breath, trouble swallowing, chest pain, severe headaches, changes in consciousness, increase pain/swelling in the arm where the infusion was given, or anything else concerning call 911 or report to the emergency department immediately.
- You can expect to feel improvements from your treatment within 15-90 minutes of your infusion. These effects can last between 1 - 1½ weeks.
- Patients can receive repeat infusions every 2 weeks, unless otherwise determined by your treating provider.

**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!