



EBOO / OZONE 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.
- Drink at least 32 oz of water in the 24 hours prior to your treatment.
- Within two hours prior to your treatment, eat a meal high in protein and healthy fats. Limit or remove any highly processed or sugary foods.
- Wear a short sleeve shirt that provides good access to both arms (avoid tight cuffs).
- 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.
- Plan to spend about two hours in our office, although the procedure could be much quicker.
- Do your best to come relaxed and well-rested.
- Inform our office of any new or acute health concerns, medications, reactions, or general concerns since your last visit.
- 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 and maintain a healthy, high protein diet following your treatment.
- You may resume regular showering and bathing after treatment.
- 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.
- If you experience hives, nausea, fever, cramping, headaches, or any additional non-life-threatening symptoms please inform your provider RUMA Medical Aesthetics.
- 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 any questions before or after your appointment, you can email us at info@rumaesthetics or call 801-514-7650 or for after-hours questions, please text 435-210-6401 Thank you for choosing RUMA Aesthetics!