



Avoid alcohol for 48 hours after your treatment

Avoid strenuous exercise for 48 hours after your treatment

Avoid touching the injection site for 6 hours after your treatment

You may experience a dull ache at the injection site for around 1 hours  
after your treatment

Avoid any blood thinning medication

Expect some minimal swelling and bruising around the injection site

To maintain the benefits of the vitamin injections, we recommend  
treatment once per month

You do not need to take any vitamin supplements alongside this  
treatment