

When will I feel it?

It is not uncommon to not “feel” anything your first time receiving a wellness IV as results can vary from one individual to another. It is important to remember that IV nutrient therapy works on a cellular level and even though you may not “feel” the benefits right away, your cells are being infused with nutrients promoting cellular healing and regeneration. Over time and with consistency in receiving IV nutrient therapy, you will begin to “feel” the difference.

If you are experiencing a medical emergency, call 911 / Emergency Services immediately.

Feeling worse before feeling better?

Most of our wellness IVs are designed to provide noticeable results anywhere from 24 -72 hours after being received. Be patient. It may take time, and changes are subtle. If this is your first time receiving IV nutrient therapy, you may not feel anything at all. Rest assured, however, your body appreciates the nutrients and is working to prevent illness on a cellular level. Stick with it and you may begin to feel the results within a few treatments.

How it works

Unlike with pharmaceuticals which are designed to provide immediate symptom relief, but do little to balance and support the body in its natural healing abilities, nutrients work on a foundational level to support your body in its natural healing processes. This is why it may take a few treatments to notice a significant difference.

Experiencing a headache?

A minor headache after receiving IV nutrient therapy is typical for some and may be a sign of dehydration, detox, or that you may benefit from a service with less fluid next time you come in.

Feeling tired or unmotivated

IV formulas containing tryptophan are designed to relax you. It is not uncommon to feel tired and decreased motivation after receiving one of these.

Feeling worse after your visit

To help prevent you from feeling worse after your visit to our IV therapy clinic, it is essential that you hydrate with electrolyte-rich water well before and after service for optimal results and to help prevent dehydration. Furthermore, high doses of vitamin C can cause falsely elevated blood glucose levels. If you have a condition which requires you to monitor this daily, please consider waiting 24 hours post treatment to obtain accurate results.

Increased symptoms

If you are already experiencing symptoms of a cold or flu, your symptoms may “rise to the surface” after receiving an Immune Support IV. This is because the nutrients infused are speeding up your natural immune responses which are designed to eliminate pathogens from your body.

The purpose of our Immune Support IV is to speed up recovery time, not necessarily eliminate

or suppress symptoms, as these symptoms are often your body's natural defense strategies. You may benefit from a short sequence of back-to-back Immune Support IV treatments if you are already experiencing acute symptoms of cold or flu in order to speed up your recovery. The best time to stop a cold or flu in its tracks is at the first sign of symptoms or directly following exposure to infected individuals.

What can I expect from my injection site?

Minor bruising or pain at the injection site, or feeling tired after an IV is typical. You may consider using a topical ointment containing Arnica to reduce minor swelling and bruising at the injection site.

What to do after IV nutrient therapy?

Most post-IV symptoms are simply the IV nutrients working through your system. Increased or decreased energy, as well as increased or decreased appetite or sleep are normal in the first day or two after an IV. It is normal to be thirsty and occasionally nauseated

Hydrate Hydrate Hydrate!

Most post-IV symptoms and concerns are caused by dehydration. Symptoms such as headache, dizziness, dry mouth, joint stiffness, joint aches, and others often are due to dehydration. We recommend hydrating before, during, and after your IV with electrolyte-rich water to replenish your body. If you experience nausea before or after your IV, have a high protein snack right before or during your appointment. This is generally a good idea even if you do not have nausea with the IV.

When to call

If you experience any abnormal symptom other than headaches and nausea, or have any questions or concerns, please contact our clinic. If any of the following are progressively worsening after your IV please call our clinic to notify:

- Swelling over the injection site
- Redness over the injection site or vein that is not improving over an 8-12 hour period.
- Headache that does not resolve with increased hydration or mild analgesics like Tylenol, Ibuprofen, or Aspirin.

If you are already on a blood thinner such as Coumadin, Warfarin, Plavix, Heparin, daily Aspirin, or similar, please only use Acetaminophen or Tylenol-type pain relievers. Follow the manufacturer's recommendations when taking all over-the-counter medications.

FAQs

Are there any side effects or risks associated with IV nutrient therapy?

IV nutrient therapy is generally safe, but there may be some risks, such as infection, allergic reactions, or vein irritation. It is important to talk to one of our dedicated healthcare providers about any potential risks and to report any side effects.

How long does an IV session take?

Depending on your unique needs, an appointment can take anywhere from 30-120 minutes, so be sure to keep that in mind when booking.