

# Vitamin B12/NAD Injections

## Post-Treatment Care

Your body has received a targeted vitamin therapy designed to support energy, metabolism, and overall wellness. Following these guidelines will help optimize your results and support your body's natural balance.

### DO

1. **Stay hydrated** to support absorption and overall wellness.
2. **Resume normal daily activities** immediately.
3. **Follow your provider's recommended treatment schedule.**

### DO NOT

1. **Do not massage or apply pressure** to the injection site immediately after treatment.
  2. **Do not engage in strenuous activity** if you experience mild soreness.
  3. **Do not consume alcohol** immediately after treatment.
- pressure to the treated area for 24 hours

### Contact Us if you Experience

- ! Worsening pain
- ! Unusual pain
- ! Signs of Infection
- ! Severe pain not relieved with recommended care

**Please note:**

Healing rates vary by individual. If you have any questions or concerns please contact our office.



845-825-3362