

NEW IV Aftercare Instructions

Patient Education & Aftercare Instructions

Nervana Medical | Sandy, Utah

Understanding Nutrient Deficiencies

Many people live busy, demanding lives and are chronically dehydrated or deficient in key vitamins and minerals, even if they appear outwardly healthy. Malnutrition is often associated with food scarcity, but in reality, nutrient deficiencies are extremely common in developed countries, including the United States.

In fact, a significant portion of Americans consume enough calories but not enough essential nutrients. It is possible to have a normal or even elevated body weight while still lacking the vitamins and minerals your body needs to function optimally.

Nutrient deficiencies can contribute to:

- Fatigue and low energy
- Brain fog and mood changes
- Decreased immunity and frequent infections
- Poor sleep and slower recovery
- Reduced physical and mental performance

Vitamins play critical roles in brain health, immune function, metabolism, and cellular repair. Minerals such as magnesium, calcium, and potassium are essential for nerve signaling, muscle function, heart rhythm, and many other vital processes. Even mild deficiencies can impact how you feel day to day.

What to Expect After IV Therapy

Most patients report feeling refreshed, energized, and clearer mentally after IV therapy. However, some individuals may experience temporary symptoms as their body adjusts, especially when higher-dose nutrients or detox-supportive additives are used.

When nutrients are delivered intravenously, your cells absorb them efficiently. In some cases, this process can mobilize stored metabolic waste or toxins, which then move into the bloodstream to be eliminated. While this is part of the healing process, it may cause short-term symptoms such as:

- Fatigue
- Headache

- Mild nausea
- Body aches
- Sinus congestion
- Changes in bowel habits (diarrhea or constipation)
- Flu-like sensations

These symptoms are usually **self-limited and temporary**, and most patients feel significantly better once their body completes this adjustment phase, often within 24–48 hours.

Think of it like clearing smog from a valley: things may feel uncomfortable briefly, but once the air clears, the result is cleaner, healthier cells and improved well-being.

How to Support Your Body After an IV

You can minimize post-infusion symptoms by following these recommendations:

- Avoid alcohol for at least 24 hours to reduce liver stress
- Hydrate well; aim for 1–2 sixteen-ounce bottles of water after your infusion
- If experiencing diarrhea, avoid anti-diarrheal medications unless advised otherwise
- If constipated, consider oral vitamin C or magnesium (as tolerated)
- Take a magnesium salt or Epsom salt bath to support relaxation and detox pathways
 - Magnesium flakes = magnesium chloride
 - Epsom salts = magnesium sulfate
- Consider intermittent fasting or a bone broth day to give your digestive system a break
- If juicing, emphasize vegetables over fruit to avoid blood sugar swings; adding healthy fats (like coconut oil) can help slow glucose absorption

In short: this phase passes, and the long-term benefits typically outweigh any brief discomfort.

IV Site Care

- Keep the bandage or Coban wrap in place for 5-10 minutes
 - Mild bruising or tenderness is normal
 - Use cold packs and arm elevation if needed
 - Mild swelling or irritation can occur with concentrated infusions
 - Any swelling should significantly improve within 24 hours
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Hydration Is Key

Dehydration is the most common cause of post-IV symptoms. While your infusion includes fluids, additional hydration is essential afterward.

Insufficient hydration may cause:

- Headache
- Nausea
- Muscle or joint pain
- Blurred vision
- Cramping
- Mental fog or confusion

If higher-dose infusions are used, your provider may recommend additional IV fluids to support osmotic balance and comfort.

Expected Benefits

Many patients report:

- Improved energy
- Better mental clarity
- Improved sleep
- Reduced symptoms related to deficiencies
- Overall enhanced sense of well-being

Results vary depending on individual health status and consistency of treatment.

How Often Will I Need IV Therapy?

Treatment frequency depends on:

- Your specific condition(s)
- Baseline health and activity level
- Lab findings (when applicable)
- Your response to therapy

A general plan is discussed at your first visit and refined over time. Many patients receive IV therapy as often as once weekly, while others benefit from less frequent maintenance treatments.

Important: Labs Required for Certain IV Infusions

For some IV formulations, pre-treatment laboratory testing may be required to ensure safety and effectiveness, especially if you are getting routine IV therapy.

Examples include:

- G6PD testing (required before some infusions such as high-dose vitamin C infusions or methylene blue)
- Electrolytes
- Kidney or liver function tests
- Blood cell counts

Your provider will review your history and determine which labs, if any, are needed before treatment. IV therapy will not be administered until all required safety criteria are met.

Call Nervana Medical If You Experience:

- Symptoms that concern you
- Increasing redness or swelling over the IV site
- Worsening pain in the vein or arm lasting more than 8–12 hours
- Significant swelling at the infusion site
- Headache that does not improve with hydration or OTC medications

For any life-threatening symptoms, call 911 or go to the nearest emergency department.

We're Here for You

At **Nervana Medical**, we believe informed patients achieve the best outcomes. We've created extensive educational materials for each IV additive we offer; ranging from simple explanations to more in-depth science-based discussions.

However much detail you want, we're happy to provide it. Please don't hesitate to ask questions, we're here to support your health, wellness, and longevity.

(OLD) IV Aftercare Instructions

Intravenous Therapy

Patient Information and Aftercare Instructions

Nutrient Deficiencies

Due to a busy lifestyle, many people are chronically dehydrated and deficient in important nutrients causing them to not feel well. Many people tend to believe that if someone's appearance is not cachectic, then they are well nourished. The typical picture of a malnourished person is usually portrayed as people who live in less economically developed countries and suffer from food shortages. We rarely consider the possibility that those living in affluent countries could also be malnourished, but due to our modern dietary patterns, it is important to be alert to the signs and symptoms of nutritional deprivation. Sadly, the reality is that 85% of Americans suffer from malnutrition and do not even know it. Just because a person ingests a sufficient number of calories on a regular basis does not mean that they are meeting all of their nutritional requirements. It is possible to maintain a normal or even high body mass yet fail to eat the kinds of food the body needs, which can result in malnutrition. Consequences of malnutrition range as broad as contributing to mental health disorders to work based productivity to even physiological burdens, and with this, we limit our ability to live our "best life" and live the version of our "best self" .

Important nutrients missing from the typical American diet can lead to weakness, fatigue /lack of energy, decreased immunity leading to an increased risk of infections, and numerous other consequences to your optimal health. Vitamins are required for healthy brain/mental function, adequate skeletal composition, immune function and countless other processes that happen within our bodies. Minerals such as magnesium, calcium, and potassium are key in the maintenance of many biological processes that occur in our bodies. In fact, deficiencies in some minerals can be fatal (though rare in more developed countries) but you shouldn't have to die to realize their importance.

The majority of patients feel better/refreshed post IV therapy, however, some people may feel worse for a short period after. When we replace these substances intravenously, especially at high doses, our bodies may need time to adjust. This is especially true for the additives that provide improved immunity/oxidative stress detoxification. When toxins are pulled out of tissues, they re-enter the bloodstream. They remain toxins, but they are now on their way OUT instead of on their way IN. When your innate metabolic pathways are stagnant or are already overworked, and then more toxins enter (in efforts to be excreted/eliminated from your body), it can cause you to feel tired or general unwellness (headache, diarrhea, constipation, sinus congestion or flu like symptoms, body aches) . This is because your detox organs are being overworked (liver, skin, lymphatic system, kidney, colon and lungs) because they are working to clear all of the toxins from your cells. This is the process of healing and cleansing . After this period, an overall improvement in one's sense of well-being is generally reported. It's kind of like enduring an inversion in the winter, but climbing above the smog to partake in the fresh air until it passes and then you are left with clean air at all elevations.

These side effects, while natural though not always comfortable to endure, can be mitigated to some extent by the following measures:

- Avoid alcohol for a while to allow your liver to recover from the toxin load from your cells
- Drink lots of water to flush things out
- If you have diarrhea like symptoms, do not take anti-diarrheal but let the body dispose of as much poo as it needs to
- If you have constipation type symptoms, take high dose oral vitamin C and magnesium which can cause loose motion (a good thing here)
- Take a magnesium salt or epsom salt bath. This can help draw out more toxins from your skin, speeding up the process of toxin extraction.

- If you are wondering the difference between the two: Magnesium flake is a compound of magnesium and chloride whereas Epsom salts are a compound of magnesium and sulfate.
- If you are familiar with intermittent fasting, it's a good thing to try to let your digestive system take a break. Alternatively, consider going on a bone broth day. The fat and protein in the broth should keep you satiated. If you would like to do a juice fast instead, ensure you include lots of vegetables in it as a fruit only concoction can make you feel worse (due to its effect on insulin). You can add some coconut oil to it to slow down absorption of glucose.

In a nutshell, "this too shall pass".... And the result is cleaner/healthier cells and YOU!

Other Basic Aftercare instructions

- Keep Band-Aid/Coban in place for 10 minutes to allow closure of puncture site
- Cold packs and elevating your arm can be used for any bruising at the site
- Cold packs can also be used for pain relief and to decrease any swelling at the site; sometimes when we administer higher concentrated infusions, while still falling within acceptable safe ranges to avoid any complications with your vessels and surrounding tissues, it can cause a mild irritation/inflammation which leads to mild swelling or tenderness.
- Any swelling should be significantly reduced in 24 hours
- Dehydration is the cause of most symptoms and concerns; we typically administer our infusions in a range that should not cause you to become too dehydrated but if we push doses too high, we may recommend additional iv fluid to help avoid this.(For those who are wondering how this is possible, we have power points ;) - but it is the concept of osmosis and diffusion.
- We encourage you to drink at least 1-2 16oz. bottles of water after your IV infusion.
- If enough water is not consumed, you may experience any of the following symptoms: headaches, nausea, joint pain, blurred vision, cramping (GI and/or muscular), mental confusion or disorientation.

Most patients experience significant overall improvements

- Better energy
- Better mental clarity
- Improved sleep
- Improvement of their complaints
- Overall feelings of well being

How often will I need IV Vitamin Therapy infusions?

The number and frequency of treatments will vary depending on certain factors.

- Condition(s) being treated
- Current health status of the patient and physical activity level
- Response to the treatments

A general estimate of the number of treatments needed is discussed during the first visit.

As we go along, we will develop a more specific treatment plan. Most patients can repeat infusions as often as once a week.

Call Nervana Medical if:

- Any symptoms you are not comfortable with, or
- If any of the following are progressively worsening after your IV infusion:
 - Significant swelling over the IV site
 - Redness over the vein that is increasing in size
 - Pain in the vein/arm that is not improving over an 8-12 hour period

- Headache that does not resolve with increased hydration or over-the-counter pain relievers like aspirin, Acetaminophen or Ibuprofen.

If you feel like you are having a life threatening emergency, please call 911 or go to the nearest emergency department

Other than that, we look forward to helping you achieve your optimal health and living your best life!

We have created an abundance of educational materials regarding each additive you receive. We can make it as simple as you'd like to more complex than you probably care for, but either way you want it, we are here to help educate you about all things health and wellness so please don't hesitate to ask!

Blog

IV Nutrient Therapy: What to Expect Before, During, and After Your Infusion

Nervana Medical | Sandy, Utah

In today's fast-paced world, many people feel tired, foggy, run down, or simply "off" despite eating regularly and appearing healthy. At Nervana Medical, we frequently see patients who are unknowingly dehydrated or deficient in key vitamins and minerals; deficiencies that can quietly affect energy, mood, immune function, sleep, and overall performance. This is increasingly becoming more prevalent with the recent use of GLP1 agonists such as Semaglutide and Tirzepatide treatments (stay tuned for a deeper dive in most common nutrient deficiencies seen with these treatments!)

IV nutrient therapy is designed to replenish these deficiencies efficiently and safely, helping your body function at its best. Below, we'll walk you through why nutrient deficiencies are so common, what to expect after IV therapy, and how to support your body for optimal results.

Why Nutrient Deficiencies Are So Common

Malnutrition isn't limited to food scarcity. In fact, many people in developed countries consume enough calories but not enough essential nutrients. It's entirely possible to have a normal or even elevated body weight while still lacking critical vitamins and minerals your body needs to function properly.

Common contributors include:

- Chronic stress
- Poor sleep
- Dehydration
- Digestive absorption issues
- Restrictive diets
- Increased metabolic demand from exercise or illness

Even mild deficiencies can contribute to:

- Fatigue and low energy
- Brain fog and mood changes
- Frequent infections or slow recovery

- Poor sleep quality
- Decreased physical and mental performance

Vitamins support brain health, metabolism, immune function, and cellular repair, while minerals like magnesium, calcium, and potassium are essential for nerve signaling, muscle contraction, heart rhythm, and electrolyte balance.

What to Expect After IV Nutrient Therapy

Most patients report feeling refreshed, clearer, and more energized after IV therapy. However, some people may experience temporary symptoms as their body adjusts, especially when higher-dose nutrients or detox-supportive additives are used.

Because IV therapy delivers nutrients directly into the bloodstream, your cells absorb them efficiently. In some cases, this process can mobilize stored metabolic waste or toxins so they can be eliminated, which may lead to short-term symptoms such as:

- Fatigue
- Headache
- Mild nausea
- Body aches
- Sinus congestion
- Changes in bowel habits
- Flu-like sensations

These symptoms are typically mild, temporary, and self-limited, often resolving within 24–48 hours. Many patients feel significantly better once this adjustment phase passes.

Think of it like clearing smog from a valley, things may feel uncomfortable briefly, but once the air clears, the result is cleaner, healthier cells and improved overall well-being.

How to Support Your Body After an IV Infusion

You can help minimize post-infusion symptoms and maximize benefits by following these recommendations:

- Avoid alcohol for at least 24 hours to reduce liver stress
- Hydrate well: aim for 1–2 sixteen-ounce bottles of water after your infusion

- If experiencing diarrhea or constipation, reach out to the provider who did your IV to learn the best ways to manage these side effects from supplements, to over the counter to pharmaceutical options; we will help you navigate what is best for you!
- Take a magnesium salt or Epsom salt bath to support relaxation and detox pathways
 - Magnesium flakes = magnesium chloride
 - Epsom salts = magnesium sulfate
- Consider intermittent fasting or a bone broth day to give your digestive system a break
- If juicing, emphasize vegetables over fruit to avoid blood sugar spikes; adding healthy fats (like coconut oil) can help slow glucose absorption

In short: this phase passes, and the long-term benefits typically outweigh any brief discomfort. Your provider will work with you to ensure the safest, most effective way to replenish your nutrition to achieve best results.

IV Site Care After Your Infusion

Proper IV site care helps ensure a smooth recovery:

- Keep the bandage or Coban wrap in place for 5–10 minutes or until hemostasis has been achieved
 - Mild bruising or tenderness is normal
 - Use cold packs and arm elevation if needed
 - Mild swelling or irritation may occur with more concentrated infusions
 - Any swelling should significantly improve within 24 hours
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Hydration Matters More Than You Think

Dehydration is the most common cause of post-IV discomfort. While your infusion includes fluids, additional hydration afterward is essential.

Insufficient hydration can lead to:

- Headaches
- Nausea
- Muscle or joint pain
- Cramping
- Blurred vision
- Mental fog or confusion

For higher-dose infusions, your provider may recommend additional IV fluids to support comfort and osmotic balance.

Expected Benefits of IV Therapy

Many patients report:

- Improved energy and stamina
- Better mental clarity
- Improved sleep quality
- Reduced symptoms related to nutrient deficiencies
- An overall enhanced sense of well-being

Results vary depending on individual health status, baseline deficiencies, and consistency of treatment.

How Often Will I Need IV Therapy?

Treatment frequency is individualized and depends on:

- Your specific health concerns
- Baseline health and activity level
- Lab findings (when applicable)
- Your response to therapy

A general plan is discussed at your first visit and refined over time. Some patients benefit from weekly IV therapy, while others do well with less frequent maintenance treatments.

When Labs Are Required Before IV Therapy

Certain IV formulations require laboratory testing before treatment to ensure safety and effectiveness, especially for routine or higher-dose infusions.

Examples include:

- **G6PD testing** (required before some infusions such as high-dose vitamin C or methylene blue)
- Electrolyte levels
- Kidney or liver function tests
- Blood cell counts

Your provider will review your medical history and determine which labs are necessary. IV therapy will not be administered until all required safety criteria are met.

Why Provider Expertise Matters in IV Therapy

IV nutrient therapy should always be administered by a medically knowledgeable team that understands IV compounding principles, including osmolarity, osmolality, and electrolyte balance. When nutrients are delivered directly into the bloodstream, they can rapidly shift fluid and electrolyte levels if not properly formulated or dosed. Clinics experienced in IV therapy carefully tailor infusion concentrations, rates, and fluid volumes to minimize discomfort and reduce the risk of side effects such as headaches, nausea, cramping, or blood pressure changes. Choosing a provider with medical oversight and compounding expertise helps ensure that IV therapy is not only effective but also safe, individualized, and evidence-based.

When to Contact Nervana Medical

Please call us if you experience:

- Symptoms that concern you
- Increasing redness or swelling at the IV site
- Worsening arm or vein pain lasting more than 8–12 hours
- Significant swelling at the infusion site
- Headaches that do not improve with hydration or over-the-counter medications

For any life-threatening symptoms, call **911** or go to the nearest emergency department.

We're Here to Support You

At Nervana Medical, we believe informed patients achieve the best outcomes. We offer extensive education for each IV additive we provide ranging from simple explanations to deeper science-based discussions.

However much detail you want, we're happy to provide it. If you ever have questions, please don't hesitate to ask. We're here to support your health, wellness, and longevity every step of the way.

IV CONSULT

IV Therapy/ Consult	https://nervanamedical.zenoti.com/webstoreNew/98db8d74-c45a-4ef0-9b5f-11b76455efe9?serviceid=531045a3-05ec-448e-91d5-54e4cd4b9970
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G2M

Absolutely — here are **polished, professional versions** tailored for **LinkedIn** and a **Google Business Profile update**, aligned with Nervana Medical's clinical credibility and community presence in Sandy, Utah.

LinkedIn Post (Professional, Educational, Trust-Building)

IV nutrient therapy is often talked about but not always fully understood.

At **Nervana Medical**, we believe patients deserve clear, medically grounded education about *what IV therapy is, why it's used, and how to do it safely*. With increasing fatigue, nutrient deficiencies, and the growing use of GLP-1 medications like semaglutide and tirzepatide, we're seeing more patients who look "healthy" on the outside but are depleted on a cellular level.

Our latest blog walks through:

- Why nutrient deficiencies are so common today
- What to expect after an IV infusion
- How hydration, electrolyte balance, and aftercare impact results
- Why provider expertise in IV compounding, osmolarity, and electrolyte shifts matters for safety
- When labs are necessary before IV therapy

IV therapy should never be one-size-fits-all. When done thoughtfully, with proper medical oversight, it can be a powerful tool to support energy, cognition, recovery, and overall wellness.

If you're considering IV therapy or already using GLP-1 medications and wondering how to protect your nutrition long term, this is worth the read.

Read the full blog by commenting "IV"

We are also offering 20% off ALL IV's the ENTIRE month of JANUARY when booked with Kenna or Ali!

#NervanaMedical #IVTherapy #WellnessMedicine #GLP1Support #SemaglutideCare
#Tirzepatide #FunctionalMedicine #PreventiveHealth #SandyUtah


Google Business Profile Update (Short, Local, Patient-Facing)



Feeling tired, foggy, or run down even though you're eating and staying active?

IV nutrient therapy can help replenish hydration and essential vitamins that are often depleted by stress, illness, or weight loss treatments like GLP-1 medications. At **Nervana Medical in Sandy, Utah**, our IV therapy is medically guided, carefully compounded, and tailored to your individual needs for safety and effectiveness.

We've just published a new blog covering:

- ✓ What to expect before and after IV therapy
- ✓ Common post-infusion symptoms and aftercare tips
- ✓ Why electrolyte balance and provider expertise matter
- ✓ When labs are required before treatment

 Read the full article and learn if IV therapy may be right for you:
[Insert blog link]

 Nervana Medical | Sandy, UT
 IV Therapy & Wellness Consults Available

If you'd like, I can also:

- Shorten this for **Instagram captions**
- Write a **carousel-style post** explaining IV aftercare
- Create **reel/video talking points** for the team
- Optimize hashtags further for Utah-local reach

Just say the word.