



AESTHETICS
BY VANESSA



flair with care

Vitamin B12 Injections (Hydroxocobalamin) Aftercare

The following aftercare advice is essential to help reduce the risk of treatment complications, to improve your comfort/healing and to help achieve the best possible results from treatment.

After water and oxygen, vitamin B12 is the next essential micronutrient molecule which is vital to maintain body health. B12 also works with folate (folic acid) to produce the amino acid SAME which controls mood & supports immune function it has also proven to improve fatigue, shortness of breath, anaemia, numbness, brain & cognitive function, cholesterol & helps to stabilise moods.

(An intramuscular injection could cause an infection, bleeding, numbness, or pain)

Please follow the aftercare advice for Vitamin B12 Injections (Hydroxocobalamin)

After treatment, you may experience a really sore achy arm for a good couple of days, at the site of injection the skin may be red, & swollen. You could even develop a bruise at the injection site. These after-effects will resolve naturally, usually within a few days.

Mild side effects and potential risks, which should be referred to a doctor if they persist or worsen, include:

- pain, redness, or itching at the site of the injection
- mild diarrhoea
- swelling sensation in the body

More serious side effects, which require immediate medical attention, include:

- muscle cramps
- irregular heartbeat
- unusual weakness or tiredness
- swelling of the ankles or feet





Severe reactions are very rare but require emergency intervention. These include:

- severe rash, itching and swelling of the face, throat, or tongue
- breathing difficulties
- severe dizziness
- sudden vision changes
- slurred speech

If you experience anything out of the ordinary for you, as you know your own body better than anyone, & you are concerned, then common sense do not hesitate to get advice straight away i.e. 111

It is essential that you have read all of the information available.

Please do let your practitioner know if you have any questions or if you do not understand any of the aftercare instructions provided.

Once you have read, understood all the above, as well as the email, completed & signed all forms attached to email of possible complications etc, please date, print, & sign declaration on the dotted line below, screen shot & send back via email for future reference.

Print Sign Date

B12 FIGHTS FATIGUE, TIREDNESS
&
BOOSTS ENERGY LEVELS

BENEFITS

- *Maximise Exercise Stamina & Performance*
- *Supports Hormone Balance: Testosterone Levels, Menstrual Cycle, PMS, Menopause, Pre & Post Pregnancy*
- *Healthier Balanced Immune System*

AMAZING

- *Improved Sleep*
- *Enhanced Metabolism*
- *Mental Clarity, Reduced Depression*
- *Healthy Glowing Skin*
- *Protects Against Heart Disease, Dementia, Anaemia, High Blood Pressure & Cancers*

Now Offering
B12 Injections
£50 Per Booking
OR
Pre book 4 for £90

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