

Vitamin Injections

- Vitamin B12

VITAMIN B12 INJECTION AFTERCARE

Please follow the aftercare advice for intramuscular Vitamin B12 injection.

- You may experience some mild tenderness, redness and swelling around the injection site. These effects will usually resolve within 48 hours but may last longer in some cases.
- You may experience some bruising around the injection site, this will resolve naturally but may take 1-2 weeks to resolve.
- If you experience any discomfort afterwards you can take a simple over the counter painkiller such as paracetamol.
- You must seek medical attention and contact your practitioner if you develop any signs or symptoms of skin infection around the injection site. Infection can present as hot, red shiny skin, there may be pus formation and you may have a fever or feel generally unwell.
- You must contact your practitioner as soon as possible if you experience any other unwanted side effects after having the injection.
 - Seek medical attention if you feel unwell or experience any significant side effects following the injection.
 - Seek emergency medical attention in the rare event that you experience any severe allergy signs or features of anaphylaxis after the injection. These may include rash, facial swelling and breathing difficulties.

It is essential that you have read all of the information available. Once you have read and understood all of the below, please sign the declaration at the bottom of this form. Please do let your practitioner know if you have any questions or if you do not understand any of the aftercare instructions provided below.

I confirm that I have read and understood all the information on this Form and that I have been given the opportunity to ask any questions that have come to mind throughout.

- Vitamin C

VITAMIN C INJECTION AFTERCARE

Please follow the aftercare advice for intramuscular Vitamin C injection.

- You may experience some mild tenderness, redness and swelling around the injection site. These effects will usually resolve within 48 hours but may last longer in some cases.
- You may experience some bruising around the injection site, this will resolve naturally but may take 1-2 weeks to resolve.
- If you experience any discomfort afterwards you can take a simple over the counter painkiller such as paracetamol.
- You must seek medical attention and contact your practitioner if you develop any signs or symptoms of skin infection around the injection site. Infection can present as hot, red shiny skin, there may be pus formation and you may have a fever or feel generally unwell.
- You must contact your practitioner as soon as possible if you experience any other unwanted side effects after having the injection.
 - Seek medical attention if you feel unwell or experience any significant side effects following the injection.
 - Seek emergency medical attention in the rare event that you experience any severe allergy signs or features of anaphylaxis after the injection. These may include rash, facial swelling and breathing difficulties.

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- **Vitamin B7 Biotin**

Biotin is one of the B complex vitamins that helps the body convert nutrients into energy. This improves the health of your hair, skin, and nails.

Biotin is therefore often recommended as a supplement to replace the body's own lack of biotin. However, they are not always entirely absorbed by the body.

Biotin is beneficial to everyone, not just those with a deficiency. Although most people can take extra doses of biotin without any negative effects, people can experience some side effects. These include:

- Nausea
- Diarrhea
- Cramping

Biotin as a single intramuscular injection into the deltoid muscle. It is safe and painless.

A full course can last up to 12 weeks depending on results required. We recommend one injection per week and then assess hair quality and strength. This can then be maintained at 1 injection every 2-4 weeks.

General

Vitamin therapy, most people notice an increased energy level and overall better feeling.

Proper vitamin levels are necessary for proper metabolism, cortisol levels and sleep patterns.

Vitamin therapy can also support the immune system, which is important in the winter months and holidays when stress levels are high.

Aftercare advice:

Safety and side-effects:

Try to avoid tight clothing, especially if your injection has been administered into the gluteus medius, keep the area dry for 5 hours post injection. Try and avoid showering for the next 24 hours to keep the area clean and to avoid infection.

Vitamin Injections are genuinely considered to be very safe. They have no major side-effects. However, in very rare cases, some people can experience side-effects caused by allergic reactions or sensitivity.

The most common side effects from vitamin injections are soreness, redness, tenderness or swelling where the injection was given.

There is no upper limit for the intake of vitamins because the risk of toxicity or overdose is extremely low, if we don't need the vitamin our body will just excrete it.

However, injections may have other side effects:

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 diarrhea
- 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:

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

If you experience any side-effects that persists and you feel you need medical attention please speak with your doctor.

Please make sure that you fully understand everything, if you are unsure about anything or have any further questions please feel free to contact me by phone or email.

Suzanne Seth

Tel: 01383 871744

Email: suzanne@hiddenbeauty.info