



B12 Injection Instructions

Pre-Treatment Instructions:

- Hydrate well before your appointment. Proper hydration helps improve circulation, which makes the injection more effective.
- Eat a light meal or snack before your appointment to reduce the risk of dizziness or lightheadedness after the injection.
- Avoid alcohol and caffeine for 24 hours before the treatment to ensure proper absorption and avoid dehydration.
- Medications & Supplements:
 - Inform your provider if you are on any blood thinners or have any medical conditions (particularly related to the liver, kidney, or digestive system).
 - If you are taking B12 supplements, discuss with your provider to avoid excessive intake.
- Pregnancy and Nursing: If you are pregnant or breastfeeding, please let your provider know, as they will provide guidance on whether this treatment is appropriate for you.
- If you have any allergies to medications, please inform your provider.

Post-Treatment Instructions:

What to Expect:

- Immediate Effects: Many patients report feeling an increase in energy levels, mental clarity, and mood after the injection.
- Side Effects:
 - Slight soreness or redness at the injection site is common and should subside within a few hours to a day.
 - Rare side effects might include dizziness, headache, or mild nausea.
 - If you experience any of these side effects, they are usually temporary and should resolve within 24-48 hours.

How to Maximize Benefits:

- Hydrate well after your treatment to support the absorption of B12 and help your body process the nutrients.
- Maintain a balanced diet to optimize the effectiveness of the vitamin B12 shot. Eating foods rich in folate and iron will support energy production.
- Avoid alcohol for 24-48 hours after the injection to help the body utilize the B12 more effectively.
- Exercise regularly to maximize the energy-boosting effects of the injection.

When to Contact Your Provider:

- Severe allergic reaction (swelling of the face, lips, or tongue, difficulty breathing).
- Excessive swelling or pain at the injection site that does not improve.
- Nausea, vomiting, or dizziness that lasts more than a day.
- Unusual or severe headaches that persist beyond a couple of days.

Follow-Up and Long-Term Care:

- How often you receive the Vitamin B12 injection depends on your individual needs. For energy boosts, weekly or bi-weekly treatments are common.
- Monitor your progress: If you feel significant improvements in energy, mood, and mental clarity, you may adjust the frequency of your injections with your provider's guidance.
- Healthy lifestyle: Incorporating regular exercise and a well-balanced diet will maximize the benefits of your Vitamin B12 injections and support overall wellness.

If you think you are having an emergency please call 401-782-2400. After hours or on the weekend please email info@seamistmedspa.com with EMERGENCY DR. SIMPSON.