



## Skinny Shot Instructions

### Pre-Treatment Instructions:

- Hydrate well the day before and the morning of your appointment. Proper hydration supports the effectiveness of the injection and helps to minimize side effects.
- Eat a light meal or snack before your appointment to avoid nausea or dizziness after the injection.
- Avoid alcohol for at least 24 hours before your treatment, as it can dehydrate you and reduce the efficacy of the injection.
- Avoid caffeine for 4-6 hours prior to treatment, as it can sometimes cause jitteriness or increase heart rate.
- Medications & Supplements:
  - Inform your provider if you are taking any blood thinners, diuretics, or medications for thyroid issues.
  - Discuss any vitamin B12 supplements you are taking to avoid excess intake.
- If you are pregnant, nursing, or have any medical conditions (especially liver or kidney issues), please inform your provider to ensure the treatment is safe for you.
- Consider scheduling a consultation if you are on any other medications or have concerns regarding the treatment.

### Post-Treatment Instructions:

#### What to Expect:

- Immediate Effects: You may feel a mild tingling sensation at the injection site, which should dissipate within a few hours.
- Side Effects: While uncommon, some patients may experience mild redness, swelling, or itching at the injection site.
- Increased energy: Many people feel more energized after the treatment, especially in the first few days.
- Digestive changes: You might experience mild stomach upset or increased urination as your body adjusts to the ingredients.

## How to Maximize Results & Minimize Side Effects:

- Stay hydrated post-treatment to support metabolism and help flush out excess toxins.
- Avoid alcohol and caffeine for 24-48 hours after the injection to optimize liver function and fat metabolism.
- Eat a healthy, balanced diet and try to avoid heavy, processed, or high-calorie meals for the first 48 hours after the injection. This will help to maximize fat burning and overall effectiveness.
- Exercise regularly to increase the benefits of the Skinny Shot. Light physical activity is recommended in the first 24 hours after the injection to promote circulation and metabolism.
- Monitor for side effects:
  - Mild discomfort or swelling at the injection site is normal and should subside within a few hours to a day.
  - If you experience severe pain, excessive swelling, or bruising at the injection site, or if you develop any allergic reaction (rash, difficulty breathing), seek medical attention immediately.

## When to Contact Your Provider:

- Severe allergic reactions (hives, rash, swelling in the face or throat, difficulty breathing).
- Excessive redness, swelling, or pain at the injection site that does not improve.
- Nausea or vomiting that lasts more than 24 hours.
- Signs of infection (pus or excessive warmth at the injection site).

## Follow-Up and Long Term Care:

- Schedule regular treatments: Skinny shots can be administered weekly or bi-weekly, depending on your weight loss and wellness goals.
- Monitor progress: Keep track of your weight, energy levels, and any side effects. If you feel that your results are not as expected, a follow-up consultation may be necessary.
- Healthy lifestyle: For optimal results, pair your Skinny Shot with regular exercise and a well-balanced diet rich in fruits, vegetables, and lean proteins.
- Additional treatments: Consider combining your Skinny Shot with other therapies, such as Meyers Cocktail IV Drips or fat-burning supplements, for enhanced results.

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