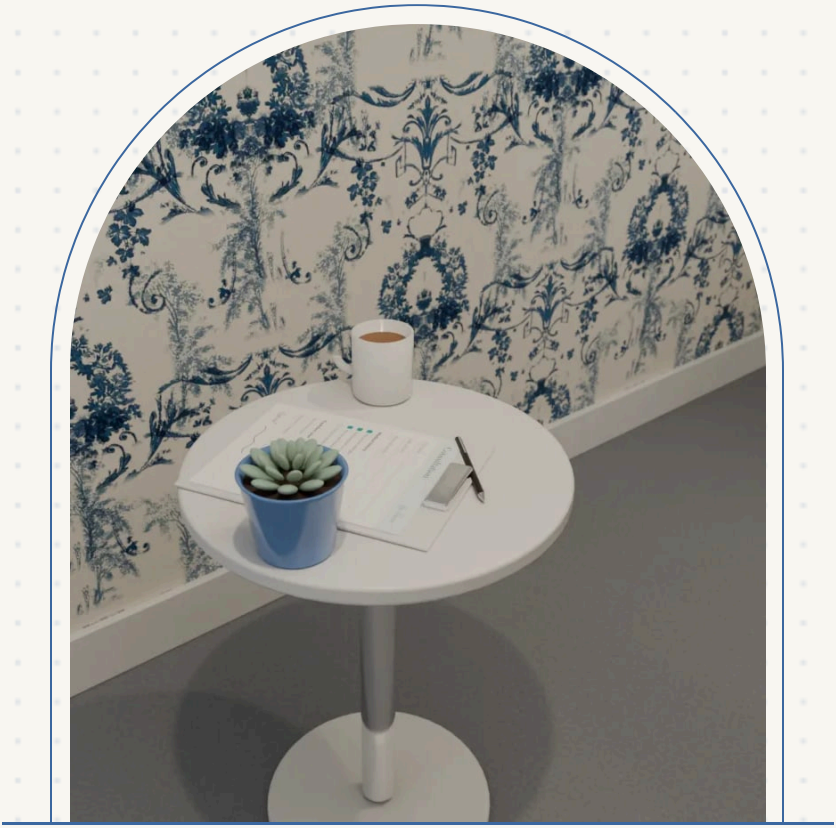
Aesthetics
by Gwen



YOUR AFTERCARE GUIDE

Vitamin B12 injection

REGISTERED NURSE • WOODFORD, ESSEX

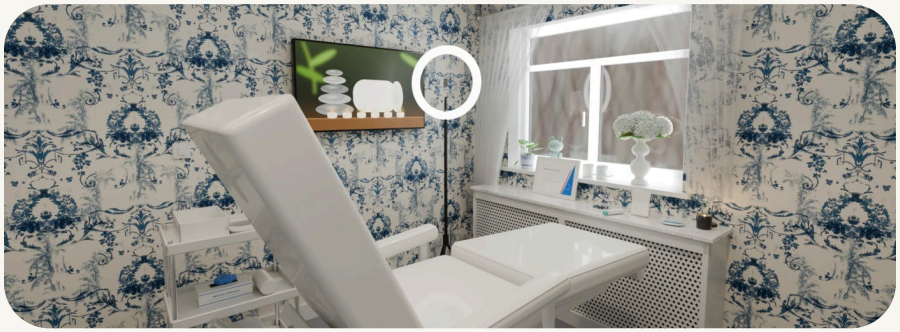
A NOTE FROM GWEN

Looking after *your result.*

Thank you for coming to see me. A B12 injection needs almost no aftercare, and you can go straight back to your day. This short guide covers what you might notice, and the rare signs to act on.

How soon you feel a difference varies from person to person, and depends on your B12 level to begin with.

Gwen REGISTERED NURSE



AT A GLANCE

RESULTS Varies	LASTS Varies; often taken as a course
DOWNTIME None	REVIEW At your next session, if you are having a course

STEP BY STEP

What to do, *and when.*

01

STRAIGHT AFTER

A moment to settle

- If you were given a plaster, keep it on for an hour or so.
- Move your arm normally. Gentle movement eases any ache.
- If you feel light-headed, sit down for a few minutes and have some water.

02

TODAY

Carry on as normal

- Work and everyday activity are fine.
- Drink plenty of water.
- Don't rub or press the injection site.
- If your arm is sore, a cool pack helps, and leave heavy upper-body exercise until tomorrow.

03

WEEKS AHEAD

Keep it going

- If you are having a course, keep to the dates we booked.
- Before your next session, tell me about any new medicines or diagnoses, or if you become pregnant.
- If you feel tired or unwell for weeks, see your GP. A blood test is the only way to know your B12 level.

WHAT TO EXPECT

Completely *normal.*

You may notice some of these. They are expected, and they settle by themselves.

- Mild soreness, redness or a small bruise at the injection site for a day or two.
- A small firm lump under the skin, which settles by itself.
- Occasionally a mild headache, nausea, dizziness or feeling flushed on the first day.

HELPING YOUR RESULT

- Paracetamol is fine if you need it and can normally take it.
- Keep B12 in your diet too, or a supplement if you are vegan or vegetarian.
- A course of five is the usual way to build your level up.

PEACE OF MIND

When to *get in touch.*

Send me a message if you notice

- The injection site becoming hotter, more swollen or more painful after day two.
- Itching or a mild rash.
- Any side effect that lasts more than a couple of days.

EMERGENCY

Call 999

DIAL

999

- Swelling of the face, lips, tongue or throat.
- Difficulty breathing, wheezing or a tight chest.
- A widespread rash, or feeling faint with a racing heartbeat.

These can be signs of a serious allergic reaction, which is rare but needs emergency care. Let Gwen know once you are being looked after.

YOUR TREATMENT RECORD

For you *to keep.*

TREATMENT Vitamin B12 injection

DATE

AREAS TREATED

REVIEW APPOINTMENT

NEXT TREATMENT DUE

NOTES

Any question at all, *ask me.*

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This booklet is general guidance to support the advice given at your appointment. It does not replace individual medical advice: if Gwen has given you different instructions, follow those. In an emergency call 999.

Aesthetics *by Gwen*