

GENERAL CARE AFTER YOUR APPOINTMENT

Wellness Injections

Follow the specific instructions for your injection. Different medicines have different risks; keep your product name and treatment date.

Follow your provider's personal instructions if they differ from this guide.

01 CARE FOR THE SITE

- Keep it clean. Wash your hands before touching it and follow dressing-removal instructions. Mild tenderness or a small bruise can occur.
- For minor oozing, apply gentle pressure with clean gauze; call if bleeding persists. Avoid scratching or forceful rubbing. Ask before creams, heat or ice.

02 RETURN TO YOUR ROUTINE

- Eat and drink normally unless instructed otherwise or fluid-restricted. Follow activity restrictions for your injection.
- If faint or dizzy, sit or lie down safely and tell staff or another adult. Do not drive until dizziness resolves. Report persistent symptoms.

03 KEEP YOUR PLAN CLEAR

- Follow the prescribed schedule. Do not repeat injections, change amounts or add wellness products without checking.
- Report allergies, new medicines, supplements or reactions. Keep follow-up appointments and request product-specific patient information if you do not have it.

WHEN TO GET HELP

Call [911](tel:911) for trouble breathing, mouth, tongue or throat swelling, collapse, or widespread hives with faintness. Do not wait for a clinic reply.

Call [801-281-3223](tel:801-281-3223) promptly for increasing pain, spreading redness, warmth, fever, drainage, persistent swelling or new numbness or weakness. Seek urgent care for severe or rapidly worsening symptoms.

QUESTIONS? CALL YOUR TREATMENT LOCATION.

Murray (801) 675-8954

Riverton (385) 209-1072