



Discharge Instructions for Intravenous (IV) Infusion Therapy

How to care for yourself after your IV Oasis & Hydration Infusion

- Apply Pressure to the site after the IV has been removed.
 - Keep Band-Aid in place for 1 hour.
 - Warm packs and elevating your arm can be used for any bruising at the site.
 - Cold packs can be used for pain relief and to decrease any swelling at the site.
 - Any swelling should be significantly reduced in 24 hours
 - Post IV infusions symptoms are uncommon. Dehydration is the cause of most symptoms and concerns.
 - We encourage you drink at least 1-2 16oz. bottles of water after your IV infusion.
- If enough water is not consumed, you may experience any of the following symptoms: headache, nausea, joint pain, blurred vision, cramping (GI and/or muscular), mental confusion or disorientation.

Most patients experience significant overall improvements:

- Improved energy
- Improved mental clarity
- Improved sleep
- Improvement of complaints

- Overall feeling of well being **Patients commonly report**

one or two patterns after IV Vitamin Infusion

- Clients generally feel better right away. Due to busy lifestyle, many people re dehydrated and deficient in vitamins and minerals causing them to not feel well. Once the client is hydrated and nutrients are replaced, their symptoms improve quickly.
- Clients occasionally may not feel well or may feel tired. These clients are generally in the process of detoxifying. When toxins are pulled out of the tissues, they re-enter the blood stream. They remain poisons, but they are now on their way out instead of on their way in. Even when clients do not feel well at this stage, the process is one of healing and cleansing. After this period, an overall improvement in one's sense of well-being is generally reported. **How often will I need IV Vitamin Infusions?** The number and frequency of treatments will vary depending on certain factors.
 - Condition(s) being treated
 - Current health status of the client
 - Response of the patients to the treatment A general estimate of the number of treatments needed is discussed during your 1st visit. We will develop a more specific treatment plan as we go along.



Most clients will require at least 5-10 treatments. Depending on the response, some will move on to maintenance therapy with occasional treatments.

Call Oasis & Hydration Infusions or your Primary Care Physician for:

- Any symptoms you are not comfortable with
- If any of the following symptoms are progressively worsening after your IV Infusion:
 - Significant swelling over the IV site.
 - Redness over the vein that is increasing in size.
 - Headache that does not resolve with increased hydration or over the counter pain relievers like Aspirin.
 - Pain in the vein/arm that is not improving over an 8-12 hour period.

If you feel like you are having a life threatening emergency, please call 911.

Oasis & Hydration Wellness - www.oasisdrip.com