Abi Cole
AESTHETICS

IV DRIPS

AFTERCARE GUIDE

Following the right aftercare helps your body absorb and maximise the benefits of your IV drip for optimal results.

Everyone's body responds differently. Results take time, consistency and a healthy lifestyle.
We are here to support you every step of the way.



GENERAL AFTERCARE INSTRUCTIONS

STAY HYDRATED

Drink plenty of water before and after your drip to help flush out toxins and enhance absorption.

EAT WELL

Eat a balanced meal rich in nutrients to support your body and maintain your energy levels.

TAKE IT EASY

Avoid Intense workouts or strenuous activities for the rest of the day.

AVOID ALCOHOL

Avoid alcohol for 24–48 hours as it can dehydrate your body and reduce the benefits of the drip.

LIMIT CAFFEINE

Reduce caffeine intake for 24 hours to prevent dehydration.

KEEP THE IV SITE CLEAN

Keep the crear clean and dry. You may remove the plaster after a few hours.

LISTEN TO YOUR BODY

Rest it needed.
It's a very fast relaxed and tired after your drip.

FOLLOW YOUR TREATMENT PLAN

For best results, attend your treatment sessions and follow your practitioner's advice.

BE PATIENT

Results result over time. Consistency is key to achieving long lasting benefits.

CONTACT US

We are here for you. Reach out if you have any questions or questions.

YOU MAY EXPERIENCE

- Increased energy
- Improved mood
- Improved hydration
- Clearer skin
- Detox symptoms (mild headache, fatigue or frequent urination) – this is normal and temporary.

Give your body time to adjust and enjoy the benefits of your IV drip

SIGNS TO CONTACT US

Contact us immediately if you experience:

- Severe or persistent pain at the IV site
- Redness, swelling or warmth at the IV site
- Shortness of breath
- Dizziness or fainting
- Nausea or vomitting that persists
- Any other unusual or concerning symptoms

Your safety is our priority.
We're here to support you.

REMEMBER

Your IV drip is a boost, not a substitue for a healthy lifestyle.
Stay hydrated, eat well, get enough rest and enjoy the glow from within.

Feel Better. Live Better.

WE'RE HERE TO HELP
If you have any questions or concerns about your aftercare, please contact us.

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This guide is intended as general client information and does not replace personalised advide from your qualified practitioner.