

AFTERCARE

VITAMIN B12 INJECTIONS

Vitamin B12 injections are a potent and direct method to replenish this essential nutrient in the body.

They offer numerous benefits including a significant boost to energy levels, which is especially helpful for those feeling consistently fatigued. These injections support healthy nerve function, ensuring the optimal operation of our neurological system. Crucial for the formation of red blood cells, B12 injections can aid in preventing anemia. They have also been linked to improving mood and alleviating symptoms of depression by playing a vital role in synthesizing and metabolizing serotonin.





Additionally, B12 is crucial for bone health, potentially reducing the risk of osteoporosis, and can enhance the health of hair, skin, and nails.



HOW SOON WILL I SEE THE RESULTS AND HOW LONG WILL THEY LAST?

As a direct method of replenishing levels in the body, the results are immediately. The frequency of B12 injections varies based on individual needs, but many individuals opt for monthly shots, while others with significant deficiencies might require them more frequently.

POST TREATMENT CARE TIMELINE

THE NEXT FEW HOURS	TODAY	TOMORROW	THE NEXT WEEK	THE NEXT 2 WEEKS
<p> To allow the injection site to heal, it's advisable to avoid any vigorous activity or exercise that might strain the area for the next 24 hours.</p>				
<p> If you experience swelling or discomfort at the injection site, you can apply a cold pack. This can help reduce inflammation and pain. Ensure you place a cloth or towel between the cold pack and your skin to prevent frostbite.</p>				
<p> Continue drinking adequate water and maintain a balanced diet. Vitamin B12 absorption and function can be optimised when the body is well-hydrated and nourished.</p>				
<p> If you're receiving multiple injections over time, it's advisable to rotate the injection sites. This helps prevent skin and tissue damage from repeated injections in the same location.</p>				



WHEN TO SEEK URGENT REVIEW

Signs of **infection** include persistent redness, warmth, swelling, pus, or extreme pain at the injection site. If you observe any of these signs, contact your healthcare provider.

Allergic reactions to Vitamin B12 are rare, but they can happen. Signs of an allergic reaction include itching, swelling, dizziness, rash, and difficulty breathing.

Anaphylaxis, is extremely rare but is a serious condition, typified by feeling unwell, experiencing dizziness and developing swelling, rashes, itchiness, redness or blotching around your face and you may experience difficulty in breathing and talking. Seek urgent medical attention by calling 999, explaining your concern is ANAPHYLAXIS. If you experience this at your appointment, your clinician is trained to recognise the symptoms and deal with this.

If you experience any symptoms like chest pain, palpitations, breathing difficulty, or anything that feels unusual or alarming after the injection, seek medical attention immediately.

If you have any questions or need any advice, then please do get in touch.