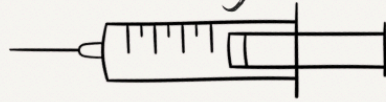




## B12 Injection



### WHAT TO EXPECT:

- MILD SORENESS, REDNESS, OR SWELLING AT THE INJECTION SITE (USUALLY THE UPPER ARM).
- POSSIBLE MILD FATIGUE OR LIGHTEADEDNESS IMMEDIATELY AFTER.
- ENERGY LEVELS MAY GRADUALLY IMPROVE OVER A FEW DAYS.

### AFTERCARE TIPS:

- APPLY PRESSURE: GENTLY PRESS THE INJECTION SITE WITH A CLEAN COTTON SWAB FOR A FEW SECONDS IF THERE'S BLEEDING.
- AVOID TOUCHING: DON'T RUB OR SCRATCH THE AREA.
- STAY HYDRATED: DRINK PLENTY OF WATER TO HELP THE BODY ABSORB THE VITAMIN.
- MONITOR FOR REACTIONS: LOOK OUT FOR ANY UNUSUAL SYMPTOMS SUCH AS RASH, ITCHING, OR DIFFICULTY BREATHING (RARE).

### WHAT TO AVOID:

- HEAVY EXERCISE: AVOID STRENUOUS ACTIVITY FOR A FEW HOURS AFTER THE INJECTION.
- ALCOHOL: AVOID DRINKING ALCOHOL FOR 24 HOURS, AS IT CAN INTERFERE WITH ABSORPTION.
- HOT SHOWERS/BATHS: AVOID HEAT NEAR THE INJECTION SITE FOR THE FIRST FEW HOURS TO PREVENT IRRITATION.

### WHEN TO SEEK MEDICAL ADVICE:

- PERSISTENT PAIN, SWELLING, OR REDNESS AT THE INJECTION SITE.
- SIGNS OF AN ALLERGIC REACTION (HIVES, SWELLING, DIFFICULTY BREATHING).

—bloemlashesandbeauty—