

Vitamin B12 Injections

What to expect:

- Mild redness, swelling, or tenderness at injection site for up to 48 hours.
- Increased energy levels may be felt within days.

Do's:

- Keep injection site clean and dry for 24 hours.
- Stay hydrated to support absorption.
- Resume normal activities after 24 hours.

Don'ts:

- Avoid strenuous exercise, alcohol, or extreme heat for 24 hours.
- Do not rub or massage injection site.

⚠ When to contact the clinic:

Contact the clinic if you experience persistent pain, swelling, or allergic symptoms.

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