

Vitamin B12 Injections

Post treatment information

For your own health and well being, as well as the longevity and effectiveness of your treatment, please follow our aftercare advice fully.

- Avoid alcohol for 48 hours after your treatment
- Avoid strenuous exercise for 48 hours after your treatment
- Avoid touching the injection site for 6 hours after your treatment
- You may experience a dull ache at the injections site for around 1 hour after your treatment
- Avoid any blood thinning medication
- Expect some minimal swelling and bruising around the injection site
- To maintain the benefits of B12 vitamin injections, regular B12 injections are required
- You do not need to take any vitamin B12 supplements alongside this treatment

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