

MAE

AFTERCARE ADVICE VITAMIN B12 INJECTIONS

FOR YOUR HEALTH AND WELLBEING, AS WELL AS THE LONGEVITY AND EFFECTIVENESS OF YOUR TREATMENT, PLEASE FOLLOW THE AFTERCARE ADVICE FULLY.

Avoid alcohol for 48 hours after your treatment.

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Avoid strenuous exercise for 48 hours after your treatment.

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Avoid touching the injection site for 6 hours after your treatment.

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You may experience a dull ache at the injections site for around 1 hour after your treatment.

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Avoid any blood thinning medication.

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Expect some minimal swelling and bruising around the injection site.

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To maintain the benefits of B12 vitamin injections, we recommend a course of 3 injections to be taken weekly. And then one a month thereafter.

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You do not need to take any vitamin B12 supplements alongside this treatment.

MAE COSMETICS CLINIC

IF YOU HAVE ANY QUESTIONS REGARDING YOUR TREATMENT OR NEED FURTHER ADVICE, PLEASE GET IN TOUCH.

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