



Weight Loss Injection Aftercare

Your transformation journey starts now. We're with you every step.

✓ DO:

- 💉 Inject subcutaneously once per week as directed by provider
- 🔄 Rotate injection sites (abdomen, thigh, upper arm)
- 💧 Stay well hydrated — drink at least 8 glasses daily
- 🍽️ Eat small, balanced, protein-rich meals throughout the day
- 📅 Take your shot on the same day each week for consistency
- 🧊 Store vials in refrigerator and protect from light

⊘ AVOID:

- Injecting the same spot repeatedly 🔄 — rotate every time
- Skipping meals entirely — eat smaller balanced portions 🍽️
- Excess alcohol 🍷 — worsens nausea
- High-fat, greasy, or spicy foods 🍔 especially in first weeks
- Exposing vials to heat ☀️, sunlight, or freezing temps

😓 Managing Side Effects:

- 😓 Nausea: Eat small meals, avoid greasy foods, try ginger tea 🍵
- 🚽 Constipation: Increase fiber 🌾 and water intake 💧
- 😴 Fatigue: Normal early on — rest and be patient
- 💉 Injection site irritation: Rotate sites, use room-temp medication

🍴 Nutrition Tips:

- 🍖 Prioritize lean protein to preserve muscle mass
- 🌱 Fill half your plate with non-starchy vegetables
- 💧 Drink water before meals to support satiety
- 🚫 Limit processed foods, sugar, and refined carbs

⌚ What to Expect:

- Weeks 1-4: Mild nausea & decreased appetite — totally normal! 🤢
- Nausea typically improves after 2-4 weeks 🕒
- Gradual weight loss of 0.5-2 lbs/week on average 📉
- Full effects build over 3-6 months as dose increases ⚡

⚠️ Call Us If You Notice:

- 🚑 Severe abdominal pain or persistent vomiting — call us
- 📶 Fast heartbeat, vision changes, or allergic reaction signs



Your success formula: Semaglutide and Tirzepatide work best as part of a healthy lifestyle. Pairing your injections with protein-rich meals, regular movement, and adequate hydration maximizes results. Our team is here to support you every step of the way — you've got this!

📞 (347) 514-9311

Questions? We're always here for you 💖

LovMedSpa
Defining Timeless Beauty