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Wellness Injection Pre & Post Care

NAD+ Youth Boost • Glutathione Glow • Skinny-Glow • MIC+ Skinny • B-12 Energy Boost •
Amino Multi-Plex • Vitamin C Shield

Whether you are preparing for your upcoming wellness injection or recovering from one — this guide covers everything you need to know. Wellness injections at New Skin by Lynn are among our most accessible treatments — many clients add them spontaneously to an existing appointment with minimal preparation required.

At New Skin by Lynn we want the best possible outcome for your wellness — these simple guidelines help ensure a comfortable experience and optimal results from every session.

PRE-TREATMENT PREPARATION

Wellness injections at New Skin by Lynn — San Mateo's boutique medical aesthetics practice — require no specific pre-treatment protocol — making them ideal for spontaneous add-on sessions. The following simple steps help ensure the most comfortable and effective experience:

- **Stay hydrated** — drink plenty of water before your appointment — well-hydrated clients experience more comfortable injections and better absorption.
- **Eat before your appointment** — have a light meal or snack before your session — particularly important for NAD+ injections which can occasionally cause mild nausea on an empty stomach.
- **Health updates** — inform Lynn of any new medications, supplements, health changes, or recent treatments since your last visit.
- **Pregnancy and breastfeeding** — wellness injections are not suitable during pregnancy or breastfeeding.
- **Known allergies** — inform Lynn of any known allergies before your session.

POST-TREATMENT CARE

Recovery following intramuscular injections is minimal and most clients return to normal activities immediately. The following guidelines support the best possible outcome from your session:

- **Injection site** — mild soreness, tenderness, or a small bump at the injection site is normal and typically resolves within 24 hours.
- **No vigorous exercise** — for 24 hours following your injection.
- **Stay hydrated** — drink plenty of water throughout the day to support absorption and overall wellness.

- **Monitor the injection site** — if redness, swelling, or discomfort at the injection site increases rather than resolves — contact us.

WHAT TO EXPECT — BY INJECTION TYPE

- **B-12 Energy Boost** — increased energy and mental clarity may be noticed within hours to days following your session.
- **Glutathione Glow** — skin brightening and antioxidant benefits develop gradually with consistent sessions over several weeks.
- **NAD+ Youth Boost** — cellular energy, cognitive clarity, and anti-aging benefits typically develop over several days following each session. NAD+ is best experienced as part of a consistent wellness protocol.
- **MIC+ Skinny and Skinny-Glow** — metabolic support benefits are cumulative — most clients notice meaningful results with a consistent series of sessions.
- **All injections** — individual response varies across all injections. Consistent sessions as part of a regular wellness protocol deliver the most meaningful and lasting results.

PACKAGE REMINDER

New Skin by Lynn offers a **6-for-5 package** on all wellness injections — an ideal option for clients committing to a regular wellness protocol. Purchase six sessions and receive the sixth at no charge. Ask Lynn about package pricing at your next visit.

WHEN TO CONTACT US

Contact New Skin by Lynn promptly if you experience:

- Significant swelling, redness, or heat at the injection site beyond 24 hours
- Allergic reaction — rash, itching, or difficulty breathing
- Fever or flu-like symptoms following your injection
- Any unexpected symptoms that concern you

Phone or Text: 650-484-4404

If Lynn has given you instructions that differ from this general guide — always follow Lynn's personalized instructions.

All treatments at New Skin by Lynn — San Mateo's boutique medical aesthetics practice — are performed under physician medical direction as required by California law.

At New Skin by Lynn we believe that optimal results come from the partnership between clinical expertise and client commitment to aftercare.