

After receiving a Vitamin B6 injection, it's crucial to follow these aftercare instructions to ensure optimal results and minimise potential side effects:

Injection Site Care:

- Avoid touching or scratching the injection site for at least 24 hours.
- It's normal to experience some mild redness, swelling, or bruising. These symptoms should resolve within a few days. If they persist or worsen, please contact your healthcare provider.
- Keep the area clean and dry. Avoid applying lotions or creams for the first 24 hours.

Activity:

- You may resume your regular activities immediately after the injection.
- However, it's advisable to avoid strenuous physical activity or exercise for the first 24 hours.

Hydration:

- Drink plenty of water to help your body process the vitamin.

Monitor for Allergic Reactions:

- While rare, allergic reactions can occur. Symptoms may include itchiness, rash, dizziness, shortness of breath, or swelling of the face/lips. If you experience any of these symptoms, seek medical attention immediately.

Avoid Alcohol and Caffeine:

- It's recommended to avoid alcohol and excessive caffeine for at least 24 hours post-injection.

Pain Management:

- Over-the-counter pain relievers such as acetaminophen can be taken for mild discomfort, but always consult with your healthcare provider before starting any medication.

Potential Side Effects:

- Mild pain or discomfort at the injection site.
- Redness, swelling, or bruising.
- Itchiness or rash.
- Nausea or stomach discomfort.
- Headache.

When to Contact Your Healthcare Provider:

Please contact your healthcare provider if:

- Side effects persist or worsen after a few days.
- You experience symptoms of an allergic reaction.
- The injection site becomes hot, increasingly swollen, or emits any discharge.
- You have any concerns or questions regarding your recovery.