

TREATMENT INSTRUCTIONS

Thank you for allowing Facial Aesthetics Team to embark with you on your weight loss journey. We are excited to be here with you! Below are your treatment precautions and instructions for the duration of your weight management treatment.

Nutrition & Activity Recommendations:

For optimal outcomes we recommend the following:

Increase your activity level daily

Increase your water intake

Limit alcohol intake (1 drink per day max for females, 2 drinks per day max for males)

Consume at least 800 calories per day

Ensure adequate rest

Weekly or Monthly B12 shots can help with fatigue

Injection Administration:

Semaglutide is a weekly subcutaneous injection. The best place to inject this type of injection is into your lower abdomen or inner thigh. Dosing instructions are provided to you when you pick up your medication. Please stick to the dosing instructions for safety and optimal outcomes. To avoid skin irritation and scar tissue formation, we recommend that you do not inject in the same spot each week.

If you experience a pustule or redness at the injection site, please stop the injections and call us at **713-637-9001**

You have agreed to self-administer the injection. If you need assistance with the injection please call us at **713-637-9001**.

If you miss your dose, please call us at **713-637-9001** for further instructions.

Common Side Effects Are:

Nausea

Vomiting

Diarrhea

Abdominal discomfort Constipation Headaches

Weakness

Fatigue

Dyspepsia

Belching

Acute gallbladder disease Hypoglycemia

Low urine output Acute Kidney Injury

Increase in heart rate Swelling in legs Changes in vision

For abdominal discomfort you may try the following over the counter remedies:

For constipation you may try Miralax, Milk of Magnesium, Prune Juice, Fiber, Increase Hydration, or a daily probiotic.

For indigestion you may try Maalox or an antacid

For nausea or mild vomiting we can prescribe a medication. Please call 713-637-9001

For fatigue, we offer a monthly b12 shot complimentary with your follow up appointments, however if you need an additional shot we can provide that to you. Please call us at 713-637-9001

For uncontrolled vomiting or severe abdominal pain, please go to the Emergency Room or call 9-1-1.

Serious Side effects Include:

Lump or swelling in your neck

Hoarseness

Trouble Swallowing

Shortness of Breath

If you experience these symptoms, Call 9-1-1 or go to your nearest Emergency Room.

