

Biotin Injections

Vitamin B7

Preparation

Avoid consuming alcohol **for at least 24 hours** before your Biotin injection, as it can thin the blood and elevate the risk of bruising.

Additionally, don't take any blood-thinning medications, including aspirin or anti-inflammatory drugs, **for at least 3 days** prior to your treatment. Please discuss with your prescriber before attending for your injection.

After-care

- Keep the injection site **clean and dry** to prevent infection.
- **Rest and stay hydrated** for the first 24 hours to help your body absorb the biotin.
- **Watch for side effects** like pain, swelling, or mild digestive issues. If anything feels severe, contact a healthcare provider.
- **Avoid alcohol and blood-thinning medications** for a short period before and after the injection to reduce bruising.
- **Follow any dietary recommendations** that support biotin levels, such as eating biotin-rich foods and / or taking supplements if advised.

