



Weight Loss Program Aftercare

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Post Care

What to Expect After Your Injections

GLP-1 medications like semaglutide and tirzepatide work by slowing gastric emptying, controlling blood sugar, and reducing appetite. These effects are gradual and build over time.

Common Effects:

- Decreased appetite or early satiety
- Weight loss (gradual and steady)
- Mild nausea or constipation (especially at dose increases)
- Boosted energy and metabolic regulation over time

General Aftercare Instructions

1. Hydration Is Key

- Aim for at least 64–80 oz of water per day.
- Dehydration can worsen nausea, dizziness, and constipation.

2. Balanced Nutrition

- Focus on lean protein, non-starchy vegetables, and whole foods - aim for half your body weight in grams of protein.
- Eat slowly and stop when full—GLP-1s help you listen to your body's signals.
- Avoid greasy, fried, or heavy meals, which can trigger nausea.
- Limit alcohol—it may increase risk of hypoglycemia and reduce medication effectiveness.

3. Physical Activity

- Light to moderate exercise is encouraged (e.g., walking, strength training, yoga).
- Start slowly and build up—movement helps with metabolism and energy levels.

4. Injection Site Care

- Rotate injection sites weekly (abdomen, thigh, upper arm).
- Slight redness or tenderness is normal. Call us if you notice any swelling, lumps, or warmth.

Tips for Managing Side Effects

- Nausea - small meals, ginger tea, staying upright post-meal, ondansetron may also be prescribed as needed
- Constipation - Hydration, magnesium, fiber, stool softeners, Miralax
- Fatigue - Balanced meals including appropriate protein intake, hydration, light movement
- Headache - Water intake, electrolytes, rest, acetomenophen, ibuprofen as needed

When to Contact Us

- Call us at Lilly Aesthetics and Wellness if you experience:
- Persistent nausea, vomiting, or abdominal pain
- Signs of dehydration (dry mouth, dizziness, fatigue)
- Sudden changes in mood or energy
- Signs of allergic reaction or unusual injection site reaction

Progress Monitoring & Follow-up

- Check-ins every 4 weeks to monitor weight and symptoms
- Doses are adjusted gradually to reduce side effects and optimize fat loss—not muscle loss.

Ongoing Support

- Your care doesn't end after your injection. We're here to support your mental, hormonal, and aesthetic health along the way. Many patients benefit from pairing GLP-1 therapy with:
 - Hormone optimization (Coming Soon!)
 - Body sculpting (CoolSculpting)
 - IV hydration therapy
 - Nutritional guidance
 - Personal trainer - Our licensed Massage Therapist, **Lauren Antun**, is also a personal trainer and would love to help you design a fitness program tailored to your goals. You can schedule these sessions at **Fitness United** right here in **Bonifay, FL**.
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