

Brickell Rheumatology Wellness Center Introduces Physician-Guided IV Therapy Cocktails

January 28, 2026

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Brickell Rheumatology Wellness Center has introduced physician-guided IV therapy cocktails as part of its functional rheumatology and wellness care.

The program centers on physician-directed, individualized IV wellness therapy integrated into comprehensive care plans for patients with complex rheumatologic, metabolic, and fatigue-related concerns. The clinic uses professionally designed IV combinations intended to support inflammation control, immune balance, mitochondrial health, and recovery.

Dr. Bojana Jovanovic, a double board-certified physician in Internal Medicine and Rheumatology, creates and oversees each IV therapy plan. She integrates lifestyle and nutrition interventions, along with other evidence-informed modalities, into conventional care. According to the clinic, IV wellness cocktail therapy is a physician-guided option for patients with autoimmune and chronic inflammatory disorders, metabolic dysfunction, and persistent fatigue.

Patients meet with Dr. Jovanovic at Brickell Rheumatology Wellness Center to discuss their health goals,

medical history, and concerns before receiving IV therapy infusions. After a review of chronic conditions, surgeries, current medications, supplements, and IV reactions, a personalized plan specifies IV formulation(s), session frequency, and duration. This approach integrates IV therapy with each patient?s rheumatology and functional medicine care to minimize interactions and streamline infusion management.

Brickell Rheumatology Wellness Center offers physician-guided IV therapy cocktails tailored to individual needs. Examples include comprehensive wellness formulas (e.g., Myers? Cocktail), anti-inflammatory support, Performance & Recovery blends for active individuals, Detox & Mitochondrial Support, and targeted options for hangover relief, healthy aging, and brain health. Specific formulations and ingredients are determined after medical review.?

To help patients prepare for IV wellness visits, the clinic provides practical hydration, dietary, and comfort advice. Patients are advised to hydrate the day before and the day of their visit; eat a light, balanced meal 1?2 hours before the infusion; avoid heavy or greasy foods; limit caffeine; and avoid alcohol for at least 24 hours before treatment. Wear loose, comfortable clothing with sleeves that roll up easily.
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The practice also underscores the importance of bringing detailed medical information to IV wellness appointments. Patients are asked to provide a detailed medical history, including chronic conditions, surgeries, and any previous IV therapy experiences, along with a complete list of current medications, over-the-counter products, supplements, and herbal remedies. The clinic encourages disclosure of any allergies and recent health changes so IV therapy can be selected and adjusted safely. This information is used to tailor therapy to each patient?s specific needs and to avoid potential interactions.

Brickell Rheumatology Wellness Center provides information about the safety and possible side effects of IV infusion therapy as part of its patient education materials. Treatments are administered by trained professionals in a sterile environment, and allergies and medical conditions are reviewed to reduce the risk of complications.

Brickell Rheumatology Wellness Center's IV wellness therapy emphasizes personalization. Dr. Jovanovic and the team assess medical conditions, lifestyle factors, and nutritional gaps during the initial consultation and health assessment, then create custom vitamin, mineral, and nutrient blends intended to support energy, immune resilience, cognitive clarity, and skin health.

Progress is monitored over time, with adjustments to infusion composition or frequency based on patient response. The practice presents this personalized model as a way to align IV therapy cocktails with broader strategies for managing chronic rheumatologic and autoimmune conditions.

Brickell Rheumatology Wellness Center serves adults from Brickell and the greater Miami area from its office

at 40 SW 13th Street, Suite 402, Miami, FL 33130. To inquire about IV therapy availability, ingredients, and pricing?or for referrals?contact (305) 928-6001 or info@brickellrheumatology.com. Additional details about the practice?s approach to functional rheumatology and IV wellness therapy are available on its website at https://brickellrheumatology.com/.

About Brickell Rheumatology Wellness Center

Brickell Rheumatology Wellness Center in Miami, Florida, provides comprehensive care for autoimmune and musculoskeletal conditions. Dr. Bojana Jovanovic, a double board-certified physician in Internal Medicine and Rheumatology and IFM Certified, directs the clinic, which integrates evidence-based treatment with functional and lifestyle approaches to address underlying contributors to disease and support long-term health and quality of life.

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For information regarding your rights as a patient in Florida, please refer to Florida?s legislation or regulations outlining your rights and responsibilities as a patient.

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For more information about Brickell Rheumatology Wellness Center, contact the company here:Brickell Rheumatology Wellness CenterDr. Bojana Jovanovic(305) 928-6001info@brickellrheumatology.com40 SW 13th St Ste #402, Miami, FL 33130, United States

Brickell Rheumatology Wellness Center

Brickell Rheumatology Wellness Center provides compassionate, comprehensive, and personalized care by combining

the science of Rheumatology with the principles of Functional Medicine.

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