

## Pre-Treatment Guidelines

These guidelines are meant to help you optimize your chance for a successful treatment. Please read them carefully.

- 1) **Very Important:** please do not attempt to sedate yourself by taking pain medications that you are not accustomed to, or worse, a cocktail of medications prior to your treatment.
- 2) For the safety and comfort of our patients and staff, Docere Clinics is a **Fragrance Free Zone**. DO NOT wear any perfume, cologne, scented lotions, scented hair products, or clothing washed with scented fabric softener on the day of your procedure.
- 3) Please refrain from taking any NSAID class drugs (Advil, ibuprofen, Motrin, aspirin, naprosyn, etcetera ) orally or topically at least 2 weeks prior to your procedure and a further 2 weeks after your procedure. Non-NSAID pain relievers (Tylenol, Tramadol, narcotics) are OK to take. Natural anti inflammatories such as Curcumin, fish oil, etcetera are OK. Baby aspirin for heart health is OK.
- 4) Other than NSAID's DO NOT discontinue any of your regular medications.
- 5) **PLEASE DO NOT ATTEMPT ANY MULTI-DAY FASTS**, either directly before or directly after your procedure. Multi-day fasts can put your body in a vulnerable state which can lead to post procedure recovery complications.
- 6) To minimize risk of infection, please shower the morning of your procedure and put on clean clothes.
- 7) Wear loose comfortable clothing that is easy to take off and put on, try to wear slip on shoes if possible.
- 8) If you have high blood pressure, it is a good idea to do a medication check with your doctor before your procedure. If your blood pressure is uncontrolled we may have to postpone your procedure for your safety.
- 9) **IF YOU ARE UNDERGOING SEDATION: It is critical that you have no food for 6 hours prior to your procedure, and nothing by mouth (including water) for 4 hours prior to your procedure.** Failure to follow these instructions could lead to a life threatening situation.
- 10) IF YOU ARE NOT UNDERGOING SEDATION: Please eat light before your procedure. Do not arrive hungry or over full. Complications with dizziness and fainting often occur with patients who have not eaten for several hours prior to their procedure.

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- 11) **Have realistic expectations and be patient.** While we are happy to report that our overall results are excellent, we do not help everyone. If your procedure doesn't meet your expectations, it's simply because it doesn't work on everyone. Even in the best case scenario, healing and improvement in pain can take several months. If you are a few weeks out and are not miraculously better, don't panic. Please be patient, this is not a quick-fix, we are working towards long term health and vitality.