

PRE-TREATMENT PREPARATION

Welcome to my practice. Below are some simple instructions for you to follow before you come to each appointment. I perform several treatments and procedures – trigger point injections, PRP/Stem Cell procedure, epidural.

It is very important that before you come to our office for **ANY** treatment you **MUST EAT**. Have a full meal an hour before your appointment. A meal/snack of carbs, protein and juice works best.

Examples: (CARBS ARE BEST)

Breakfast: Pancakes with syrup, oatmeal and juice, cereal with juice, donuts and juice. You can add a protein with any of these as well.

Lunch: a sandwich with meat and bread, burger, chips or fry's, and juice or soda.

A power bar, yogurt, fruit alone or a high protein meal is not an appropriate meal before treatment. The juice is to keep your blood sugar up so you do not get light headed during treatment.

POST-TREATMENT

If you are sore after trigger point injections, or any procedure, use ice for 15-20 minutes every 2 hours as needed.

DO NOT put ice directly on the skin. Use a light weight towel with your ice bag.

DO NOT ice for more than 20 minutes at a time.

DO NOT use heat at any time after treatment.