

Pre-Treatment Guidelines

Docere Clinics

Park City, Utah

www.docereclinics.com

These guidelines are meant to help 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 pain medications. It is extremely disruptive to have to stop halfway through a sterile procedure to clean up vomit.
- 2) **Do NOT wear any perfume, cologne, scented lotions, scented hair products, or clothes that reek of fabric softener** the day of your procedure. Most of these give Dr. Adelson a splitting headache and make him grumpy. You don't want him to perform your procedure grumpy and with a splitting headache. If you arrive wearing strong scents, your procedure will be postponed and you will be charged a cancelation fee.
- 3) **We prefer that you take NO NSAID medications (such as Advil, Motrin, aspirin, etc.) either oral or topical for at least two weeks before and two weeks after your treatment.** Non-NSAID pain relievers (Tylenol, Tramadol, narcotics) are OK. Natural anti-inflammatories such as fish oil are OK. Baby aspirin for heart health is OK.
- 4) **Other than NSAIDs, do not discontinue any of your medications, even anti-coagulant medications.**
- 5) To minimize risk of infection, please shower the morning of your procedure and put on clean clothes.
- 6) Wear comfortable clothes that are easy to take off and put on, such as slip-on shoes without laces.
- 7) **If your blood pressure is through the roof when we take it here (at or above 180/110), we might postpone your procedure for your safety.** If you have high blood pressure, it is a good idea to do a medication check with your doctor before your procedure.
- 8) **IF YOU ARE UNDERGOING SEDATION: It is critical that you have no food for six hours prior to your procedure, and nothing by mouth (including water) for four hours prior to your procedure.** Failure to follow these instructions could lead to a very messy and life-threatening situation.
- 9) IF YOU ARE NOT UNDERGOING SEDATION: Please eat light before your procedure. Do not arrive hungry, but also do not arrive full. The only time patients have fainted during the procedure has been when they have had nothing to eat.
- 10) **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 does not meet your expectations, it is not because we don't like you or we 'did it wrong', it's simply because it doesn't work on everyone. Even in the best case scenario, healing and improvement in pain can take two to four months to kick in. So if you are a few weeks out and are not miraculously better, don't panic. Please be patient, this is not a quick-fix.