

PRE-TREATMENT CHECKLIST

Read, initial each page and sign last page. Return on appointment date (copies will be made.)

Obtain bloodwork (*bloodwork must be completed within a month of treatment*)

Option 1: Obtain blood work from your local doctor

Option 2: Obtain blood work from a local laboratory such as: LabCorp, Quest Diagnostics, or wherever you typically get lab work done. **No fasting is required for lab work.**

Let us know which local laboratory you would like to use and we can send your blood work order to your preferred location.

Blood Tests Required:

- Complete Blood Count (CBC)
- Prothrombin Time (PT) & Partial Thromboplastin Time (PTT)
- Comprehensive Metabolic Panel (CMP)

Additional tests pertinent to your diagnosis may be required. Please confirm with the doctor.

DAY OF TREATMENT CHECKLIST

Bring an extra set of clothing (*Be sure to bring an extra pair of underwear as the iodine can cause staining*)

If you have a specific beverage or snacks you prefer, please bring them for after the procedure. You can eat and drink normally prior to the treatment.

PRE-OPERATIVE INSTRUCTIONS

- 1.) **No Smoking** for two (2) weeks prior to and for two (2) months after surgery. Smoking decreases circulation, slows wound healing time, and can cause significant complications during healing. Second hand smoking affects healing in the same way, so please avoid people smoking around you.
- 2.) **Do not take Aspirin, NSAIDs (Ibuprofen/Aleve) or Aspirin-containing products** for two (2) weeks prior to surgery and for two (2) weeks after surgery. These medications and any other blood thinners interfere with normal blood clotting. Discuss with your primary physician to discontinue anticoagulant drugs at least 2 weeks before the procedure. See Medication Sheet for a complete list of blood thinners you are not able to take 2 weeks prior. You may take Tylenol or generic forms of this drug.
- 3.) Please discontinue taking all vitamins, diet pills or herbal medications for two (2) weeks prior to surgery whether over-the-counter or herbal as many have side effects that could complicate a surgical

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procedure by inhibiting blood clotting, affecting blood pressure, or interfering with anesthetics. Please check the medications list on page 2 to highlight and cross reference the medications you are currently taking. If you must continue to take a particular medication or vitamin, please confirm with our specialists.

- 4.) **Do not drink alcoholic beverages** for two (2) week prior to surgery. After surgery it is recommended to not consume alcohol for two (2) months after treatment and for the best chance for clinical improvement do not consume **excessive** amounts of alcohol for one (1) year after treatment. Excessive consumption of such products may create complications and increase bleeding and bruising, as well as slow healing time.
- 5.) Please shower using anti-bacterial soap (Hibiclens/chlorohexidine) the day before and the morning of surgery.
- 6.) Notify the physician if you develop a cold, fever, sore throat, cough, or other indications of illness prior to your scheduled procedure.
- 7.) Please make arrangements for a friend or family member to bring you to the office and also drive you home after surgery. A responsible adult may have to stay with you overnight for the first 24 hours. **Depending on your condition and delivery method needed you may not be allowed to leave the facility alone after surgery in a cab or private taxi.**

Items for Day of Procedure - *If you have any questions or concerns, please contact us.*

- If you have a specific beverage or snacks you prefer, please bring them for after the procedure
- **Report any symptoms of feeling unwell:** Patients should be seen promptly by a physician for full evaluation should any of the following symptoms be encountered. Contact us and your doctor's office immediately if you experience any of these symptoms: **Temperature above 101.8°F, shakes and chills, severe unrelieved pain, or sudden onset of significant swelling or redness from extraction sites, dizziness, and changes in heart rate, pain, abdominal pain, difficulty breathing or fever.**
- Please make arrangements for a friend or family member to bring you to the office and also drive you home after surgery. A responsible adult will have to stay with you overnight for the first 24 hours. **Depending on your condition and delivery method needed you may not be allowed to leave the facility alone after surgery in a cab or private taxi.**

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MEDICATION

- **Antibiotic (*If Applicable*):** Cephalexin/Cipro, please take as directed starting the day after surgery. If you were discharged with an oral antibiotic take it through its full cycle as directed.
- **Painkiller (*If Applicable*):** Please take as directed and only as needed for pain. If you experience pain, please take your prescribed pain medication as directed. This medication should be taken with food to prevent nausea. Tylenol (Acetaminophen) may also be taken. Do not take Aspirin, Ibuprofen or Aspirin-containing products.



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DIET & CONSUMPTION

- After treatment, drink generous amount of water to prevent dehydration. Diet/meals are not restricted. Drink plenty of clear fluids. Drink at least 8 glasses of water every day.
- Light foods are recommended for the first meal after surgery (no alcohol). You may resume your usual diet in about 4 hours. Avoid salty foods (to minimize swelling) and high fiber foods (that may cause gas).



EXERCISING & PHYSICAL MOVEMENT

- In regards to exercising after your procedure, please only do light walking and stretching for the first 3 weeks. It is recommended to wait at least 3 weeks before easing back into any typical exercise routine.
- Avoid bending over or lifting heavy objects for the first week.



For a two week period prior to and five days after the scheduled date of your surgery, please do not take and medication that contains aspirin or aspirin-related products such as ibuprofen (Motrin, Advil) as an ingredient. Aspirin has an effect on your blood's ability to clot and could increase your tendency to bleed at the time of treatment and during the post-procedure period.

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• **MEDICATION PRECAUTIONS - Instructions to Follow Before & After Your Procedure**

- If you are on medication for arthritis, circulation, or anticoagulants (i.e., baby aspirin, Motrin, Naprosyn, Perantine, Coumadin, Plavix), please inform us.
- Please be sure to avoid pseudoephedrine and other cold tablets three days prior to surgery.
- Please check the labels of all medications that you take, even those available without a prescription to make sure you are not taking aspirin or aspirin-like substances.
- Please consult your physician before **stopping** any prescribed medication.

The following is a list of common medications & substances that can increase tendency to bleed and we would like you to avoid them for two weeks prior and two weeks after the procedure:

Asprin	Congesprin	Halfprin	Ponstel
Advil	Cope	Haltran	Propoxyphene
Alcohol	Coumadin*	Heartline	Quagesic
Alka-seltzer	Damason P	Ibuprofen	Rhinocaps
Anacin	Darvon	Indocin	Robaxisal
Anaprox	Daypro	Indomethacin	Roxiprin Tablets
Anaproxin	Dipyridamole	Lodine	Rufin
APC	Dolobid	Lortab ASA	Saleto Tablets
Arthritis Pain Formula	Doan's capsules	Magnaprin	Scott-Tussin Cold
Arthrotic	Dristan	Medipren	Sine-Aid
Ascriptin	Easpirin	Menadol	Soma Compound
Aspergum	Ecotrin	Meproamate	St. Joseph's Aspirin
Asprimax	Empirin (w/codeine)	Methocarbamol	Summit Extra Strength
Aspirin (any form)	Emprazil	Midol	Talwin
Azdone	Equagesic tablets	Mobigesic	Ticlid
Backache Max Relief	Excedrin	Momentum Muscular	Toradol
Bayer Aspirin	Femback	Backache Formula	Trandate
Bayer	Feverfew	Motrin	Trental
BC Powder	Feldene	Nalfon	Trigesic
BC Sinus	Florinal (w/codeine)	Naprosyn	Trilisate
Bufferin	Garlic Capsules	Norgesic	Ursinus Inlay Tablets
Buffex	Gelpirin Tablets	Norwich	Vanquish
Butalbital Compound	Genpril	Nuprin	Vick's Day Quil
Cama Arthritis	Genprin	Orudis	Vioxx
Celebrex	Ginger Tablets	Oxycodone	Vitamin E
Cephalgesic	Ginseng	Pamprin	Voltaren
Cheracol capsules		PAC Analgesic	Zactrin

***(Coumadin) Note: will address this specifically with patients on this medication. Do not stop two weeks prior and two weeks post treatment without direction from your provider.**

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