

## DURING THE WEEK BEFORE YOUR APPOINTMENT

- Take all prescription medications as directed
- Drink 2 liters (eight glasses) of water every day
- Maintain excellent oral hygiene
- Maintain excellent sleep hygiene

## THE DAY BEFORE YOUR APPOINTMENT

- No alcoholic beverages for 24 hours prior to your appointment

## THE DAY OF YOUR APPOINTMENT

- Drink 1 liter of water on the morning of your appointment
- Do not wear make-up or fragrances to your appointment
- Wear comfortable clothing that will allow access to your upper shoulders and neck
- Bring your Rehabilitation Orthotic to every appointment
- Prepare to be pampered!

## AFTER YOUR APPOINTMENT

- Continue to drink plenty of fluids (2 liters of water daily)
- Take your MSM Gold as recommended
- Maintain excellent breathing and posture
- Keep yourself comfortable using medications as prescribed
- Follow all home care protocols as directed

## WHAT TO EXPECT

- Most patients experience 1-4 days of relaxation and relief
- Occasionally the therapy modalities will trigger some headache symptoms and/or muscle soreness due to rebound inflammation and adaptation
- Manage these occasional symptoms with your normal medications and/or contact our office for input from the doctor
- Be sure to follow your home care protocols and **drink lots of water!**

These instructions are provided for your benefit. We have found that patients who treat themselves appropriately before and after their appointment will have very few problems after their treatment. Please help us to take good care of you by following the above instructions. Feel free to contact us with any questions.

We wish you a speedy and uneventful course of events as you return to health.