

Before and after your visit

Patient name: _____ DOB: _____ Today's date: _____

Before your appointment

- Tell us about pregnancy or possible pregnancy; pacemakers, defibrillators, pumps or other implanted devices; metal, mesh, an IUD, recent surgery or a hernia near the planned treatment area.
- Report cancer treatment, a new rash or wound, impaired sensation, significant illness and changes in your health or medicines. The clinician must complete device screening before treatment.
- Increase water intake starting 48 hours before each treatment to arrive adequately hydrated. If you have a prescribed fluid restriction, follow that limit instead.
- Wear comfortable clothing that allows access to the treatment area. Remove removable jewelry from that area when staff asks. Keep taking prescribed medicines unless the prescribing clinician tells you otherwise. Tell us about blood thinners and all supplements.

During treatment

- Strong muscle contractions and warmth can occur. Tell staff immediately about burning, sharp pain, dizziness or an unexpected sensation. You should not try to tolerate painful heat.

After treatment

- Temporary muscle soreness or fatigue can occur. Resume usual activities as tolerated unless your clinician gives different instructions. Reduce activity that worsens soreness.
- Follow the planned course and review response before arranging maintenance. Do not add sessions or combine treatments on your own. Results and maintenance needs vary.

When to contact us

- Call promptly for blistering, a burn, increasing pain, marked swelling, new numbness or weakness, or symptoms that worsen rather than settle. Call 911 for trouble breathing, swelling of the tongue or throat, chest pain, collapse or stroke symptoms.

Patient initials: _____ I acknowledge receipt of these instructions.

A copy will be kept in my patient record.