

Before and after your visit

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

Before your appointment

- Tell us about pregnancy or breastfeeding; clotting or bleeding disorders; blood clots; heart or circulation disease; recent venous procedures; implants; cancer; kidney or liver disease; and any wound or infection in the area.
- Maintain your usual fluid intake before and after treatment. If you have a fluid restriction, follow it and ask your clinician about preparation; do not force extra water.
- Wear comfortable clothing with access to the area. Remove removable jewelry when staff asks. Keep taking prescribed medicines unless the prescribing clinician tells you otherwise. Tell us about blood thinners and all supplements.

During treatment

- You may feel strong mechanical vibration. Tell staff about pain, excessive discomfort, dizziness or a change in skin sensation.

After treatment

- Temporary redness, swelling, tenderness, bruising, tiny red spots or altered sensation may occur. Usual activities are generally possible as tolerated, unless your clinician advises otherwise.
- Follow your individualized treatment plan. Ask before combining another body treatment or massage on an irritated or bruised area.

When to contact us

- Call for a large or enlarging bruise, increasing swelling or pain, persistent numbness, or symptoms that are getting worse. New one-sided leg swelling or pain needs prompt assessment. 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.