

DIRECTIONS AND INSTRUCTIONS PRE/POST TREATMENT

DIRECTIONS TO OUR OFFICE

- **GPS use IS recommended BUT** it is imperative that you put in the city as Roeland Park. El Monte St stops and starts about 3 times throughout this area, so getting the correct city is crucial for finding us. **Our address is 4740 El Monte St, Roeland Park, KS 66205.** Call if you are not entirely clear about finding us.
- **Be aware that our office is in a residential area.** The office is via a separate entrance at the first driveway which is above our home. There is a wheelchair ramp at the entrance and a mailbox with Dr Reeves name on it at the side of the road. You may park in either driveway but pull fully up to avoid blocking the garage if you park in the 2nd driveway. Look at the picture on line to see what the house looks like. If you pass the entrance you will reach a cul de sac and see it on your way past again.

PRE-TREATMENT INSTRUCTIONS

- Complete and sign **registration and billing/privacy statements** and **health history.** **Bring both of these to your appointment.**
- **Arthritis medications** (other than Tylenol and a daily Aspirin for stroke prevention) should be stopped 2 days before treatment and 2 days after treatment. Contact us if this would create a hardship for you in terms of pain control.
- Notify us if you have been told to take **antibiotics before procedures.**
- Notify us if you are on **prescription blood thinners.** (i.e.: Coumadin, Warfarin or Plavix). We may ask you to stop these for a period of time before treatment if your doctor agrees. If this is not possible, we may modify treatment.
- **Pregnancy** is something we should know about. It may affect how we treat and when we treat.
- If you are on **chronic pain medications,** be aware that Dr. Reeves does not fill routine pain medication prescriptions. This clinic emphasizes direct pain treatment rather than pain management with medications.
- Have **liquids only for 6 hours prior to treatment** if you may receive oral sedation. Ideal liquids: Water, Juice, Milk, Gatorade, protein shakes.
- **Obtain a 32 oz Gatorade and drink half of it on your way in.** You will drink the other half when you arrive in the treatment room. This helps prevent nausea and seems to also help those who are prone to vagal responses. Please do this whether or not you are having sedation for your treatment. Of course, any electrolyte solution will work as long as it has sodium and some sugar in it.
- **Plan on having a driver** if you're receiving oral sedation for your treatment.
- If your treatment is potentially extensive, we suggest you **have someone with you** through the evening for monitoring.
- Please remember that **Dr. Reeves does not treat everyone.** His policy is to screen you for treatment and, if appropriate, determine the length of time needed for your

treatment. His preference is not to treat at the time of the Evaluation unless the problem is quite simple and/or the patient has previously had prolotherapy elsewhere and is well educated about it.

- **Relax a bit about treatment** with needles. Dr. Reeves works very hard with oral relaxant medications, narcotic methods, lidocaine, and gentle techniques to make your treatment effective with as little discomfort as possible. Usually the discomfort with treatment is less than what you experience by merely pressing on the areas for examination.
- **Follow general safety precautions** to avoid trauma that could negate benefit from treatment. IE: Hold onto handrails, do not alternate steps on stairs, and do not carry things in both hands while using stairs.
- **Bring a car with a seat that can recline well or with a cleared back seat** so that you can lie down. This will be explained in post-treatment instructions.

POST-TREATMENT INSTRUCTIONS

- Expect to be **stiff and sore** post treatment, similar to an over-exercising type of soreness. This could last from 3 to 10 days, and is typically less after subsequent treatments. Treatment advances are decreasing this tendency, especially in simpler cases, but it is best to be prepared and to realize this is not a bad sign.
- **For pain post treatment** please try extra strength Tylenol or a small amount of the pain prescription medication written for you at the time of your visit. Anti-inflammatory medications may also be used to treat your pain after the first 48 hours if they seem to help you more.
- **Numbness, itching or burning pain** are not uncommon since the small nerves stretched during treatment are responsible for all three. Check in with us if this lasts more than 5 days. Nerve treatment methods in use have never been associated with nerve damage to our knowledge. There are medications for burning and itching so call us if these are particularly annoying to you.
- **Bruising** is quite common, since many injections are just under the skin. This is not a bad thing. Bruises contact growth factors which may speed healing.
- **Exercising is encouraged, but please do not over do it.** Pay attention to what your body tells you. If it hurts, take a break. Do not push yourself just because you feel better with an extreme workout. That is like walking on grass seed that has just been planted. It is best to let soreness pass, return to what you could do before without post exercise reactions, and only increase activity slowly.
- **If you notice redness, swelling, or warmth,** accompanied by pain, Dr. Reeves will want to personally visit with you. Infections are exceedingly rare, but we want to screen for them at all times.
- **Pain medication can make you lightheaded.** When this happens you need to clench your gut and sit or lie down. (Preferably lie down) Get down immediately to avoid falling. Elevating your feet above heart level is important and so is fluid before and during treatment. Be aware of any lightheadedness for at least 6-8 hours after your treatment.