



adults . children . pregnancy

CRAM

CHIROPRACTIC and WELLNESS
CENTER

PRE-TREATMENT INSTRUCTIONS

The day of your appointment:

*Our treatments are performed on a strict time schedule, so **please be on time**.
The following reminders will help make your visit go more smoothly.*

- ❖ ALWAYS WEAR A WHITE T-SHIRT
- ❖ Please be well hydrated before your visit.
- ❖ Do not wear pantyhose or clothes with very tight sleeves, as they will interfere with the treatment procedures.
- ❖ Do not wear any jewelry. You may wear your wedding ring.
- ❖ Please do not take any aspirin or pain medication for 12 hours before being treated, if possible.
- ❖ Do not consume alcohol for 12 hours before your appointment.
- ❖ Please do not wear perfume, make-up, strong smelling deodorant, fragrances, hair sprays, essential oils, hand lotion, aftershave or cologne on the day of your visit.
- ❖ Please schedule appointment so that you are not being treated during the first three days of your menstrual cycle.
- ❖ Please eat before your appointment. You must avoid certain foods for 12 hours after your visit. Do not come to the office hungry.
- ❖ Once you arrive for your visit do not chew gum, use breath mints, eat anything or drink anything except water.
- ❖ If you need a Chiropractic Adjustment, please schedule this to be done before your treatment.

POST-TREATMENT INSTRUCTIONS

- ❖ You may not shop for 8 hours after a treatment.
- ❖ You may not go to restaurant for 8 hours after a treatment.
- ❖ You may not visit a hair salon, barber shop, or nail salon for 12 hours after a treatment.
- ❖ Avoid all chemicals for 12 hours after treatment, so please refuel your automobile before your visit.
- ❖ You may not bathe or shower for 8 hours after your treatment.
- ❖ NOT PERMITTED for 12 hours after a treatment: *Massage, Acupuncture, Chiropractic Adjustments, Energy Work, Vigorous Exercise, Hot Tub, Sauna, Steam Room or Swimming.*
- ❖ You may not consume alcohol for 12 hours after a treatment.
- ❖ Do not eat a large meal after a treatment.
- ❖ You will be given an additional list of things to avoid depending on what treatment you received.

The restrictions are to be followed for you to have the best chance for success. A small price to pay for a long term benefit.