

David A. Tallman, DC, NMD
8300 N. Hayden Rd, Ste A-111
Scottsdale, AZ 85258
480.922.1101 v

Preparing for Treatment

Three Days Before Your Appointment

- We suggest you initiate a paleo-type diet three days prior to treatment (web search "paleo diet")
- Avoid anti-inflammatories (ibuprofen, aspirin, Aleve, meloxicam etc.) before the procedure
- Non anti-inflammatory medications including opiates and acetaminophen can be continued if needed
- You may continue taking natural pain medications (homeopathic, turmeric, enzymes)
- Avoid eating simple sugars for three days before the treatment
- **Inform staff if you are currently taking antibiotics, steroids or if you had cortisone or any type of injections within the last three weeks**

The Day of Your Treatment

- New patient appointments are generally one hour
- You are encouraged to eat a low glycemic meal prior to the treatment
- Make sure to be well-hydrated, preferably with high-mineral water in a glass container (Gerolsteiner, Perrier, Voss etc.)
- Wear comfortable clothing to make the treatment area more accessible
- Bring CD copies of your MRI/CT/x-ray films & new patient paperwork
- Avoid taking benzodiazepines (Valium, Xanax) prior to treatment as they can increase sensitivity
- If you take opiates prior to treatment, you will need someone to drive you
- Please avoid wearing or applying any scented lotions or perfumes/cologne

After Treatment

- We advise having plain Epsom salts on hand as they can be very soothing to the area after the treatment
- Aftercare instructions will be provided on the day of your new patient appointment

Out of town patients

- We recommended staying in town for one to two days after treatment

Parking

Our office has **reserved covered parking** spaces **54** + **55**

Patient's Signature

Parent or Guardian

Date