



Pre-Operative Surgery Instructions:

1. Please drink as much water as possible the day before and the night before your appointment to give you the best chance of an easy blood draw experience. We will give you as many bathroom breaks as you need, so don't worry about that. Also, limit your caffeine intake as much as possible since this dehydrates the body. No alcohol for five days before and five days after is preferable. Alcohol dehydrates the body terribly and is incredibly toxic to the immune system.
2. Get as much rest as you can the night/day before your appointment.
3. Wear comfortable clothing, and preferable something that allows for a quick blood draw from the back of the elbow.
4. While we have many ways to help you relax, like weighted blankets, essential oils, etc., please feel free to bring headphones that go with your phone. We have headphones, but their portability to your chosen device may not sync up.
5. Try to eat a good meal the night before and an hour before your appointment. Even if it is a small breakfast/lunch, this helps to stabilize blood sugar levels so you are more comfortable.
6. Please consider taking 600mg of an anti-inflammatory, such as ibuprofen or Tylenol, right before your appointment.
7. Try to keep your work schedule light for a few days after your appointment so you have some time to rest and heal.
8. Lastly, give yourself credit for taking a positive step toward better health! Focus on being compassionate towards yourself since there is nothing better for healing than being in a good recuperative mental state.