

Palm Beach Osteopathic Care

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AFTERCARE TREATMENT PLAN

This aftercare information sheet has been composed to give you important information and assist you in your expectations of your course of treatment with Osteopathic Manipulative Manual Medicine (OMM).

Most patients feel better the day after treatment. Some do not. In fact, some feel worse or have more pain (this is known as a treatment reaction). If this is the case and you are concerned, please call or text the office at (561) 324-9600. We keep our phone with us twenty-four hours a day, including weekends and holidays. If your call goes to voicemail, leave a message and Dr. Lee will call you back shortly.

During the first twenty-four to forty-eight hours after treatment, Dr. Lee asks that you do not “go looking for the pain.” Avoid positions or movements which cause the pain to increase. If, during any movement, you begin to experience the pain, stop or continue completely through the pain. DO NOT linger in a position where you experience the pain. You may use heat on affected areas if you experience stiffness or soreness following a treatment. We generally recommend a heating pad or Medibeads.

Remember: No stretching or vigorous activity for the first twenty-four to forty-eight hours unless specifically discussed with Dr. Lee.

You have entered a course of treatment or therapy. The course will begin with three treatments over a period of approximately two to four weeks. At the end of three visits you and Dr. Lee will decide the course of further treatment.

During the course of treatment please stop all other treatment modalities, such as stretching, physical therapy, chiropractic, podiatrist, orthopedists, physiatrists, or injections. Massage may continue but please discuss this with Dr. Lee.