

**Scottsdale Sports Medicine Institute**  
10133 N. 92<sup>nd</sup> Street, Suite 102 Scottsdale, AZ 85258  
480-664-4615 **phone** 480-664-4367 **fax**

**PATIENT INSTRUCTION SHEET**

**Meds:**

- Aleve 2 pills twice a day with food
- Advil (over the counter) as needed
- Afrin as directed. Avoid continuous usage after 3 days. Take several days off before restarting
- Ocean Spray Nasal Mist
- Claritin (OTC)
- Prilosec (OTC)
- Maalox/Mylanta (OTC)
- Imodium AD (OTC)
- Baby Aspirin – 1 a day
- Red Yeast Rice
- Home Blood Pressure
- AM meds with sip of H<sub>2</sub>O
- Mucinex – as directed
- Take ½ dose DIABETES meds
- Hold insulin morning of surgery
- Vaseline w/Q-tip ~ Apply to nose

**Food/Drink:**

- Red Wine 1 glass with dinner
- Increase water intake (8 - 16 oz glasses/day)
- 5 to 6 small meals per day. Don't eat after 8 pm
- Increase potassium per day (fruits/vegetables)
- Dietary Fiber 30g/day (pistachios, pears, lentils, apples, bran, edamame)
- No added salt/2 grams of sodium per day
- Avoid fast food restaurants
- Brown Rice/Apples/Water for 2 days
- Olive Oil
- Yogurt Cultures
- Decrease alcohol intake
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- Increase Cranberry Juice intake
- Increase Lemonade (REAL, fresh-squeezed lemons) Intake
- Tea with honey/lemon
- Keep head of bed at 45 degree angle

**Activity:**

- Aerobic Exercise 5 to 6 days per week at 45 to 60 minutes per session
- Resistance Training (Weights, Therabands, Pilates/Yoga) 4 to 5 days per week
- Flexibility Training 1 to 2 days per week (Yoga, Stretch Class)
- Upper/Lower body workout ONLY
- Pre/Post exercise weight
- PT (Physical Therapy) ONLY
- None

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**Modalities:**

- Ice 3 times per day for 15 minutes
- Moist Heat 3 times per day for 15 minutes
- ACE bandage (wrap)
- Elevate extremity
- Frozen soda can ~ ice roll

**Vitamins/Herbs:**

- Vitamin C 3000mg/day x 1week
- Zinc 200mg/day x 1 week
- Ginger
- Glutamine 10g/day
- B6 200mg/day x 2 weeks
- B12 shots @ SSMI 1month
- Arnica/Bromelain ~ As Directed
- Milk Thistle ~ As Directed
- Selenium
- Quercetin
- Glutamine
- Protein (1 gram/pound body weight)
- High Glycemic Carb + 30grams
- Biotin 2500mg/day

**Throat:**

- Hot Chicken Soup
- Gargle w/warm H<sub>2</sub>O, ½ tsp salt, ½ tsp baking soda, ½ tsp corn syrup
- Entertainer's Secret (throat spray w/aloe vera)
- Licorice Root

**Follow up:**

AT	Physical	OMT	PT
PRN	Resting EKG	Urine Dip	GXT
1 Week	Bone Density	Glucose Check	PFT/EXERCISE
2 Weeks	Body Comp	VO2Max/IMETT	Growth Hormone H/O
3 Weeks	RMR	Impact	A1C
6 Weeks	Weight Loss Pkg	Weight Gain Pkg	Narcotic Agreement
1 Month	Massage	Exercise Consult	
2 Months	Health Care Value Pkg		
3 Months	<b><u>LABS</u></b>		
6 Months	Men's Physical		
1 Year	Women's Physical		
1 Year	Men's Health		
	Women's Health		

**Supplements:**

Cal Apatite	Hoodia
Chondro Care	Lipotain
CLA	Max Nitro
COQ 10	Metaglycemx
EPA:DHA	Prostagen
FRS	Ultra Flora
Glutacine	Vasotensin
Green Tea	Vitacell

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**Consults:**

Cardiologist  
Dental  
Dermatologist  
Endocrine  
ENT  
General Surgeon  
GI – Colonoscopy  
Gynecologist  
Heme/Oncology  
Infectious Disease  
Neurologist  
Neurosurgeon  
Ophthalmologist  
Orthopedic Surgeon  
Plastic Surgeon  
PMR/EMG  
Psychologist  
Psychiatrist  
Pulmonary/Sleep Study  
Renal  
Rheumatologist  
Urologist  
Vascular Surgery

**Stim/Tens/Back Brace**

**E-Soles**

**Growth Hormone Handout**

**Ergonomic Consult**

**Linda Cappellini/Susan Pasco**

**Lloyd Wright**

**Copy Records**

**Copy Labs**

**Doctor's Note**

**Clear to Play/Work**