

# TREATMENT RECOMMENDATIONS

## **Dress for Consultation Visit**

Often times, we have to examine the extremity much higher than you may have symptoms. Wear shorts or loose-fitting clothes that allow access to the entire extremity to be examined.

## **Dress for Treatment Visits**

The doctor will advise you of the areas to be treated during your consultation. Wear clothes that provide easy access to the area to be treated. A large collared shirt or loose waistband allows your therapist easy access during treatment.

## **Hygiene**

--We ask that you consider foot hygiene on behalf of the Realief doctor or therapist that will be working close to your feet. Foot odor is the result of bacteria acting upon foot perspiration. The perspiration can be present on the surface of the foot or carried within the body of the shoe itself.

-- The leather of sandals, boots and shoes can absorb and store sweat resulting in foot odor. Rubber or vinyl shoes fail to absorb sweat resulting in foot odor.

--Wash the top and bottoms of your feet as well as between each of the toes with a deodorant soap on treatment days. Try to do this as close to your appointment time as possible.

--Wear absorbent cotton socks (even with sandals) to keep your feet clean and dry until your appointment.

## **Appointments**

We recommend appointments be scheduled 2 times per week. It is always best to have a day or two between each appointment. In most cases, we ask that you not miss more than nine consecutive days during the course of your treatment plan. If you will need to miss for a longer period of time, please take time to discuss planned absences with the doctor.