

AFTER CARE

1. Do not sit for any longer than 30 minutes at a time on the day of your visit. Lying down is okay.
2. Do as much walking as possible each day (at least 15 minutes).
3. Drink as much *pure* water as is comfortable (no less than 5 glasses per day, assists flushing of toxins). Avoid stimulating substances - coffee. (Painkillers and anti-inflammatory drugs are okay - if necessary.)
4. Move carefully e.g. squat instead of bending when picking something up, **do not cross legs**, be careful getting in and out of car and bed.
5. No other forms of manipulation for 1 week e.g. massage, chiropractic, physiotherapy, acupuncture, kinesiology etc.
6. No excessive heat or cold on areas that have been treated e.g. do not stand under the shower with hot water running on neck, do not use an electric blanket. No hot baths at all for 1 week after visit.
7. No strenuous exercise for 2 - 4 days after visit.
8. After T.M.J. procedure do not bite hard on apples, nuts or confectionery etc. for 2 - 4 days. Also avoid doing large yawns.
9. Do not use orthotic appliances in shoes.
10. Reactions ranging from hot and cold flushes, emotional releases, headaches and body aches may be experienced. These reactions are a positive sign that the healing process is working.