

## Anodyne® Therapy Care Program Patient Information

We are thrilled to inform you that we are now using an exciting new technology called the Anodyne® Therapy System with our patients. Excellent clinical improvements have been shown in 15 published studies on nearly 5000 patients. The Anodyne® Therapy System has been cleared by the FDA for reducing pain and increasing circulation and has been used safely on thousands of patients for over 12 years.

### What can you expect to feel during treatment?

Anodyne® is non-invasive, drug-free and safe. When we use Anodyne Therapy, patients experience a comfortable warmth. ***If it feels too hot for comfort, tell your therapist right away.*** This warmth and the infrared light itself help us reduce pain and increase circulation locally wherever the therapy pads are placed. There are no known adverse events or drug interactions when used in accordance with manufacturer's recommendations.

### What other things might you experience?

- **Sometimes the therapy leaves a pink area** under the therapy pads after treatment. This is normal due to the blood vessel dilation and should disappear after an hour or so.
- **You may at first feel some tingling or burning.** *This is an excellent sign that blood flow is getting to your nerves and you should not stop treatments or you will stay at this uncomfortable stage.* In fact, you may want to come to therapy more frequently during this time. The pain usually improves within 3-6 treatments as more and more blood flow returns to the area. Completing therapy is the most important thing you can do. Stick with it!
- **You may require less diabetes medication** as you exercise. Check your blood sugars more often to avoid lows!
- **If you have an open wound, you may see increased clear fluid** due to increased circulation. This is a great sign that blood flow is getting to the area.
- **Your toenails and toe hair may grow** as better blood flow is restored.
- **Your skin may perspire more** in area treated – especially if you have swelling.
- **Dry, dead skin may peel or flake off** allowing new skin to break through.

All of these indicate that blood flow is getting to the areas that need it. Never stop therapy before you are discharged! Please ask your therapist if you have additional questions. We are excited to be able to offer a life-changing therapy that can help you get back to a more normal life. Ask about how you can get an Anodyne Therapy System for home use when you complete this program.

Sincerely,

Your Therapists

