



www.vitalinkwellness.ca

OFFICE POLICY

We invite you to get acquainted with Vital Link Wellness Center and ask that our review our policies and fee schedules, as well as acknowledge on the signature lines below.

Office Hours: Monday, Tues, Thurs, 9:30 – 5:30 pm,
Wednesday, 9:30- 7:00 pm,
Friday, 9:30-3 pm.
Sat, 9-1pm

Every effort is made to examine newborn infants as soon after birth as possible.

Scheduling / Cancellations: A message may be left at any time to cancel an appointment. The earlier you can inform us of your change in plans, the more efficient use we can make of our time. You will be charged a \$45 cancellation fee if you cancel less than 24 hours prior to your scheduled appointment.

Apparel: Loose-fitting, comfortable clothing is suggested. Sweat pants or leggings and t-shirts are best.

Please no Jeans, no jewellery. Please refrain from wearing perfumes or scented oils in consideration of those with allergies.

Fees and Payment: VLWC is committed to providing the best treatment possible at a reasonable fee.

- Payment is required at the time of service. We accept cash, Cheque, Visa or MasterCard.
- The patient will be charged a fee or \$25 for any returned cheque for non-sufficient funds.

Children: Every attempt is made to provide a relaxing and serene atmosphere for our Patients and Staff. We request that children remain in the waiting room or specified treatment room and that they not be allowed to run freely in the office area.

Cell Phones: We ask that all cell phones be turned off when entering the office for an appointment.

Thank you for taking your time to read our policy.

I agree and acknowledge:

Print Name

Carole De Silva Piques, DO-MTP, DO-MRO
35 Main St. East, Grimsby Ontario.
L3M-1M7
P. 289-235-8200



PLEASE READ

MANDATORY OFFICE POLICY

Your perfume is another patient's poison! Please do not wear it in our office.

Because we treat people with Asthma, Allergies, Environmental Sensitivities, Cancer and Migraines, who become sicker from perfume and fragrance products, your perfume may literally poison others who come to our office. They suffer a serious chronic illness or invisible disability and their health will be harmed with even the smallest exposure to fragrance.

Unfortunately, there is no way to wear personal fragrance privately.

Your use of fragrance **WILL** have negative health consequences for others if you wear it. It lingers even after you have gone. As much as we want you to be comfortable, we need to ban all forms of personal fragrance from the office for the sake of everyone.

Thank you for avoiding it on the days you visit. Your cooperation is greatly appreciated.



What to Expect After Treatment:

While osteopathic treatment is unique to every individual, there are several things that will help you to better understand the treatment process.

1. After the initial one or two treatments, occasionally you may feel worse before you notice any relief. This is because as your self-healing mechanism is activated, your body continues to readjust as it integrates the treatment. This usually passes after several hours or may last up to a full day.
2. A 20-minute bath with Epsom salt or sea salt will help to draw toxins out of the body and provide muscle relaxation.
3. You may notice significant improvement, some improvement, or none at all after the first treatment. On average, it takes about 4 to 5 treatments to begin to experience relief from the original complaints. This varies tremendously with each person based on their overall level of health, which depends on various factors (multiple medical problems, number of prescription medications, amount of exercise, quality of diet, lifestyle stressors and old injuries and surgeries)

Usually, you will return for follow-up in a few days or a week later. The initial treatments will usually be spaced apart by a few days or up to a week or two. Carole assesses your system at each visit; she will determine when it is best to return. Treatment can last from 20 to 30 minutes depending on what your body will accommodate for that day. As your systems begin to improve and your nervous system and cranial mechanism improves, we will begin to space your treatments further apart. After you have recovered, it is still recommended that you return in 4 to 6 weeks for maintenance (tune up) treatment.

Osteopathic treatment can prevent many problems before they surface and keep you in overall good balance, alignment and health

4. It is helpful to refrain from chiropractic and other manual treatments during osteopathic treatment to better evaluate your response. Gentle massage, acupuncture, shiatsu, and occasionally other treatments may be done one to two days before or after osteopathic treatment. Please check with Carole to be sure. After your treatment, it is helpful, if you can relax for 30-60 minutes to get the optimum benefit. You may feel very tired after a treatment if it is your first one or if it has been several months since your last visit. If you are exhausted, please listen to your body and go to bed early that evening.
5. Often times, after patients start to feel better, they go back to their normal activity too soon and end up overdoing it. This can cause the strain pattern to return and feel like your pain and other symptoms have returned. This is actually only a minor setback and one or two treatments will correct this. Please limit your normal activity (vigorous workouts, golf, yoga, weight training, gardening, lifting, bending, over, etc.) as much as possible during the first few treatments. Please ask Carole questions about specific activities you may do and how to modify them. Usually, you are the best judge, so please listen to your body and allow it time to rest and heal.

Thank you for your commitment to osteopathy and allowing me to assist you in your healing process.