

THINGS TO KNOW BEFORE YOUR VISIT

Daily intake form:

- Please complete the online check-in form the day before each visit, if at all possible, to maximize your time with Dr. Neal. The online form will be emailed to you before your appointment and we recommend saving the link for easy access for all future appointments. If you do not complete this online form, you will be asked to complete it once you arrive at the front desk so please arrive early.
- Contact our medical assistant at ma@quest-center.org for any questions about this.

Clothing/attire:

- Wear lightweight, loose or stretchy clothing with short or long sleeves.
 - Avoid camisoles, tank tops, heavy sweaters, sweatshirts, turtlenecks, and hoodies.
 - Avoid jeans, heavy weight pants, pants with heavy pockets or seams, or with buttons or large snaps on pockets.
- Please avoid products with perfumes and fragrances (including lotions, soaps, shampoo and other hair products, clothes detergents, etc.). Some staff and other patients are sensitive to odors.

Glasses/other appliances: These can impact your body's mechanics. Dr. Neal can check these, when there is extra time available in your visit.

- Bring your glasses or lenses to your visit. Vision prescriptions can contribute to strains in the body.
- Bring sleep apnea devices and/or heel lifts on one side (for a short leg).
- Let Dr. Neal know if you use a sacroiliac belt, cane, walker, crutches, scooter, heel lift under a foot for short leg, etc.
- Dental appliances: Osteopathic treatment can often impact dental occlusion. Dr. Neal can evaluate the impact of your appliances after treatment and help to determine whether it is time to see your dentist for a possible adjustment to minimize any secondary physical strain on your body.

Please notify Dr. Neal about:

- Any questions you have at the **start** of the visit. Questions brought up at the end of the visit may have to wait until your next appointment.
- Any upcoming or recent dental visits, procedures, or dental appliances (i.e. expanders, braces, splints, night guards, retainers, bridges, implants, crowns, extractions, etc.) These often affect the body's mechanics and may impact the treatment process.
- Any change in your vision, upcoming eye appointments, or new glasses. It is most helpful to discuss any need for new glasses with Dr. Neal before your optometrist orders them.

Children:

- We ask that at least one adult caretaker comes for at least the first few minutes of every appointment, to assist with the history. If a parent will not be present, please also send an email prior to the visit that provides any updates about the child's progress and symptoms since the last visit, and in addition to the online check-in form. If the person accompanying the patient is not a parent or guardian, please send a note allowing them to bring the child.
- In young children, it is helpful for the parent to stay and entertain the child with toys, read books to them, etc.
- With older children, it is often helpful for the parent to wait in the lobby once their history has been reviewed with the doctor at each visit.
- Please limit the number of additional people accompanying them, due to Covid precautions and to minimize distractions during the treatment.