



BioLight Low Level Laser: Important Information

Before your appointment:

The following substances should be avoided as they can interfere with the absorption and effectiveness of the remedies:

- NICOTINE and CAFFEINE in any form (coffee, chocolate, carbonated drinks, etc.). Even drinks and teas labeled "decaffeinated" can have some trace amounts of caffeine present.
- MINT in any form (candy, chewing gum, toothpaste, mouthwash, etc.). Note: we do NOT recommend that you stop brushing your teeth! Simply switch to a non-mint toothpaste.
- CAMPHOR, MENTHOL, EUCALYPTUS (lip balms, throat lozenges, moth balls, etc.) and any other substance, especially SOLVENTS that would give off strong fumes of any kind.
- RAW GARLIC should be avoided for at least one hour before and after taking any remedies.

Nothing should be taken into the mouth for at least ten minutes before and after taking homeopathic treatments.

The day of your appointment:

- Do not take any supplements or unnecessary medications for an hour before your appointment.
- Avoid eating one hour before your appointment.
- Please drink a lot of water for 24 hours before your visit. We will need you to be well hydrated.
- Most treatments involve treating acupuncture points on the lower leg, forearms and back. Shirts/gowns are provided, but you may want to wear loose pants that can roll up and White sheer shirt in place of wearing a gown.
- Please do not wear perfume, strong smelling deodorant, fragrances, essential oils, hand lotion, aftershave or cologne on the day of your visit.
- If you need to reschedule, please do so at least 24 hours in advance of your appointment to avoid a late cancellation fee.

After your treatment:

When possible, for the best results, during the **three hours** following your treatment, it is recommended that you avoid exposure to chemicals that you eat, drink, breathe in or put on your skin. *BioLight has designed these suggestions based on years of practical experience. You will have the best chance for success if you follow the suggestion to avoid such things as:*

- Visit a hair salon
- Barber shop, or nail salon
- Gas your car
- Chew gum, use breath mints
- Drink anything except water
- Anything highly stressful or stimulating
- Have a massage, Acupuncture
- Hot Tub, Sauna, Steam Room or Swimming
- Vigorous Exercise

The restrictions above are designed as worst case scenario.