



Long Lake Podiatrist, P.C.

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Anodyne[®] Neuropathy Care CenterSM Program
Patient Information

We are excited 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 with Diabetic Peripheral Neuropathy (DPN) including improving numbness, balance and ability to walk. In addition, this infrared therapy assists in reduction or elimination of pain, healing of chronic wounds and faster healing of all types of injuries and surgeries. The Anodyne[®] Therapy System has been cleared by the FDA and has been used safely on thousands of patients for over 8 years for reduction of pain and increasing local circulation and for over 6 years on neuropathy and its complications.

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 to nerves, wounds, injured muscles and joints. 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** – especially if your feet or legs have been numb. *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 painful 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 your feet. Completing therapy is the most important thing you can do to get your sensation and balance back. Stick with it!
- **You may require less diabetes medication** as you exercise and better blood flow drops off sugar to the cells. Check your blood sugars more often to avoid lows!
- **If you have a wound, you may see increased clear fluid** due to increased circulation. This is a great sign that blood flow is getting to the wound.
- **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 and helping them to heal. 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,

Dr. David H. Berlin