

## Medical Warning

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## Reminders/Notifications

Clonac (diclofenac sodium) - 2/day; doesn't need during day, so doesn't take  
Palexia tapentadol - for sleep

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## Jasmine Langlands - Canning Healthcare

Thu, 6 Nov 2025 11:45 am

### Subjective:

Feels wiped out after acupuncture treatments. Monday - not so bad; lay on back last night, felt heavy, not painful; once moves - triggers pain. Every position - agony.

Focus left SJ.

Sore with sitting yesterday.

Going ahead with operation.

Last night had stopped pain killers; took one PEA this morning, another this morning.

Right lower leg started aching; walking yesterday -

Stopped doing exercises; did some last night - triggered aching lower right leg.

Panadol osteo only yesterday.

### Neoclassical

Lr-3 L

*Left the room. Provided buzzer.*

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