



# What To Expect

What To Expect During Your Treatment With DripDok

---



DR. ANTHONY CLOSE

[www.dripdok.com](http://www.dripdok.com)





[www.dripdok.com](http://www.dripdok.com)



# Introduction

- Dripdok was founded by Dr. Close in 2017 after being in private practice for 16 years. [You can read more here.](#)
- We have served over 150 patients from over 10 countries since 2020 including celebrities, high-profile executives and more.

[View our IG to see some of our patients.](#)



## Not Your Typical Infusion Clinic

What primarily sets us apart is that we're doctor owned and operated, we are not an entrepreneurial venture. We are a true longevity clinic with outcome measurements, planning and goal setting.

We view every person as patient and unique. With Dr. Close's broad understanding of biochemistry, genetics, and neuroanatomy - careful care is placed on everyone's personal journey.

This becomes apparent during the first call with Dr. Close. Where his main role is to listen and understand you. His full attention is given and the best protocol is advised according to your needs but more importantly your safety.

If he can help he will and yet if he can't not he will explicitly state so and why. However, he will guide you to the best person/place or clinic in order to help.

[Read more about our FAQ's here.](#)

# Typical Outcomes

- Improvement In Sleep, Anxiety & Mood
- Improve Cognitive Function & Motivation
- Increased Motivation & Drive
- Increased Libido
- Overall Longevity Improvements



*Note: Dripdok uses multiple modalities and this is a limited list of patient outcomes reported and tracked.*

# Outcome Measurements

What We Want To Realistically Accomplish  
& What We See Improve Consistently

## A Few Things We Like To Monitor & Where We See Results.

- Improved REM
- Improved VO2
- HRV Improvements
- Increased Motivation
- Metabolic Improvement
- Decreased Anxiety
- Decreased Nightmares
- Sleep Improvement
- Increased Energy
- DNA Repair (Methylation or telomere length)

# Standard Baselining

## Data Driven Decisions & Planning

If you use an apple watch, Fitbit, Oura ring, or another wearable - please Google how to download the raw data in CSV format with a time frame of 3-4 months prior to the estimated treatment start date.

After we will look at data 1-month & 3-months post-treatment and run an analysis to determine the objective outcomes (things you do not feel).

## Standard Data – Case Specific.

- A standard blood test (CBC with differential), including inflammatory markers: hs-CRP, erythrocyte sedimentation rate (ESR), and plasma viscosity (PV) – **mandatory for stem cells**
- Resting heart rate and blood pressure.
- Heart rate variability. (wearables)
- Sleep Scoring (wearables)
- DNA Methylation (life-length test at Prodia)

# Your Visits

## What To Expect

Our highly experienced nurse and often the practice manager will be at your first visit.

Your vitals and subjective finds will be recorded, the procedure will be explained and your consent to treatment will be signed..

From there, any preliminary medications will be administered.

If at any point you have a question or concern, please express it and it will be answered.

## What NAD+ Feels Like & Temporary Side Effects

- Tightness in chest, stomach cramping
- Headache
- Pain in areas that have been in trauma
- Increase in heart rate
- Nausea
- The need to use the toilet

All of these are rare except for the initial tightness in the chest and stomach. These symptoms pass and can be adjusted by the rate of the drip.

If it's too much, inform the nurse (who will be consistently asking about your comfort) and the drip will be adjusted to your comfort.



# Starting Out

## Self-Supplement Recommendation

NMN – [click here](#)

Resveratrol – [click here](#).

Quercetin & Fisetin – [click here](#).

Self-Peptide Ordering – [click here](#)

Helps maintain and support

## Discovery Call

### 30–45 Minute Call

- [Post Intake Survey](#)
- Review Of Health History
- Review Of Family History
- Medications & Diagnosis
- Mental Health History
- Expectations & Goals
- Supplements
- Lifestyle History

## Preperation

- Dr. Close will spend between 2–6 hours (sometimes more) depending on the case and complications
- If accepted, planning is made and a second call is set to discuss the reasoning around the plan and to answer any additional questions

## Intake

- The invoice is prepared by the practice manager
- Payment is due prior to scheduling as medicines are compounded and prepared specifically for you and many have limited shelf lives.
- Once payment is completed – your schedule is confirmed between staff and your schedule. We come to you.



# First Visit

## Self-Supplements

Regarding self-supplements – we encourage anyone over the age of 40 to begin these at least one week prior to infusions although not always necessary. It will be discussed during planning

## What To Expect

- The nurse and possibly the practice manager will arrive on time at your villa
- The process will be explained again prior to starting.
- Specific medications may be administered prior to infusion start. e.g. Zofran for sensitive stomachs or metformin for NAD+ absorption.

## Pre-NAD+

- Please avoid alcohol the night before and eat a full meal the day prior to treatment
- Must be between 8-11 am to avoid circadian rhythm interference.
- It can feel like a "CrossFit" workout however we work closely to maintain your comfort.

## What It Feels Like

[Read more about your first NAD+ experience here.](#) [Read here about what it feels like.](#)

## Time Frames

- NAD+ – the first day is usually the longest depending on the amount of inflammation in your body and past injury.
- Day one – 90-120 min is average.
- Day two – 60-120 min
- Day three – 30-60 min
- Day four and beyond: 30-60 minutes or less.
  
- Stem Cells – 15-20 min
- GSH – 20 min
- Infusion Pushes (Myers) – 2 min
- Cerebrolysin – average 2-5 min
- Antagonist – 5-10 min recovery time



# Ongoing Management

## Self-Supplements

NMN

Resveratrol

Quercetin & Fisetin

On top of current supplements

## Treatment Mapping

- Dr. Close, if you desire, will continue to map your treatment journey. Our philosophy is to start minimal and expand yet never use more than a few modalities at once so we can determine what is working best.
- This can be peptides, GSH treatments, Stem Cells, Exosomes, Peptides, or Infusion Bags.

## NAD+ Maintenance

- NAD+ naturally declines as we age. Therefore, maintenance is necessary
- You do not grow dependent on it.
- It recycles in the body every 14 days so we recommend either 2x per month or 1x per month if NMN is taken consistently (every day) during the maintenance phase.
- We provide competitive pricing for those that continue. 80% of DripDok patients continue on some form of maintenance.

## Our Services

- NAD+
- Glutathione Infusions
- Cerebrolysin Therapy
- Nootropic Infusions
- Stem Cell Therapy
- Exosome Therapy (Coming Soon)
- Infusion Bags (Set and Modified)
  - GOAT – comprehensive
  - Einstein – nootropic
  - Catalyst – metabolism
  - KickStart – immune system
  - & More
- NMDA Antagonist Therapy (By request only)

[See all of our services here.](#)

# Scope and Limitations

## The Main Concerns & Risks

- Discomfort During Infusion
- Diarrhea (rare)
- Headache (medium)
- Vomiting (rare)
- Infection at the injection site (very rare)
- Bump or lump at injection site (rare)
- Allergy or reaction to peptides (common)

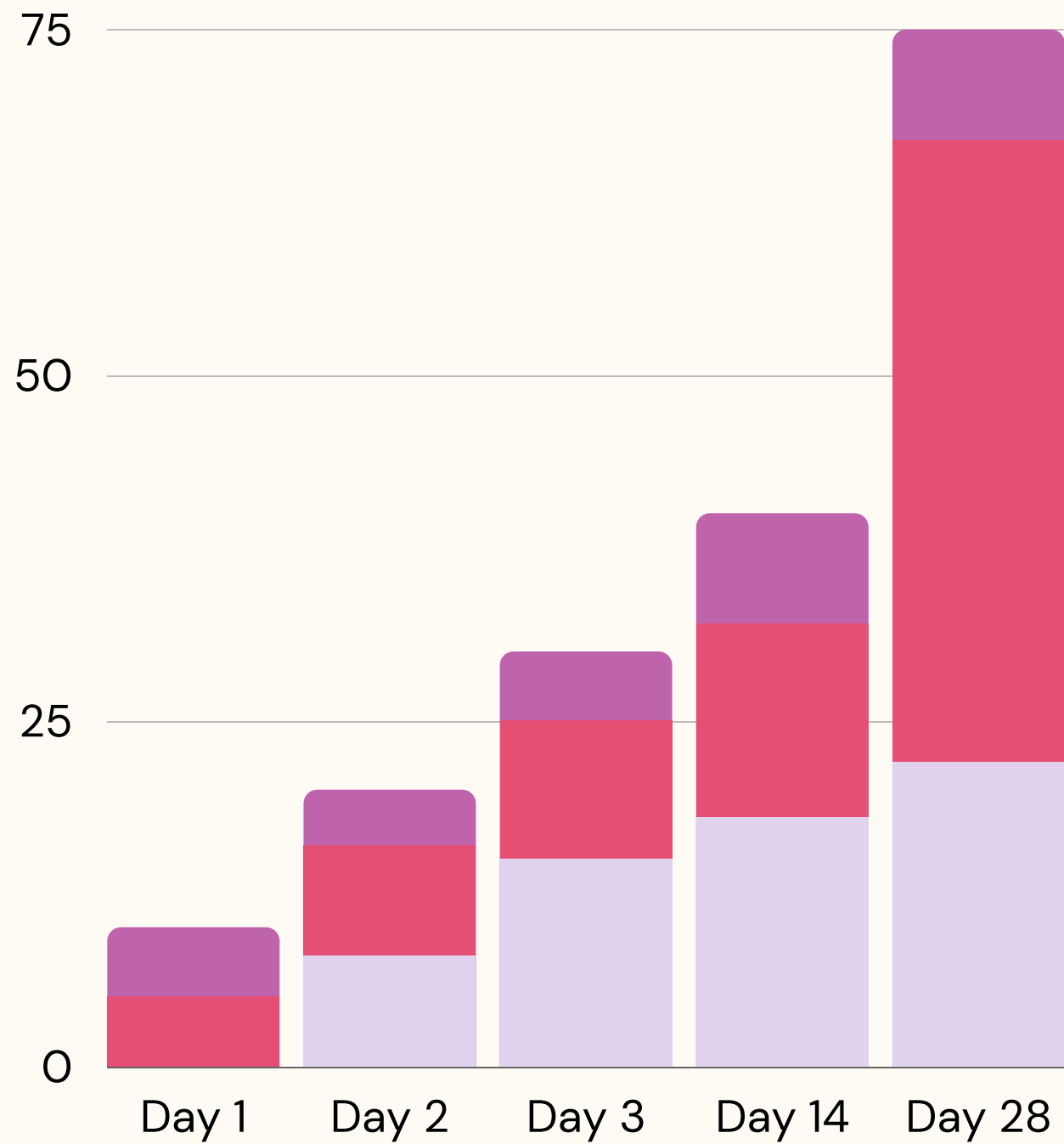
## Limitations

- While we have a 90% perceived improvement rate.
- We can not promise you will have the results you desire.
- Everybody is different.

## Our Promise

- The stated primary goal of our protocol is the marked reduction in the levels of chronic low-grade inflammation for an extended period of time.





# Results

## Your Input Is Required!

"We measure specific biomarkers both pre and post-treatment. We also follow up with patients at 3, 6, 9, and 12-month mark intervals with vitality questionnaires. These are extremely important because they enable us to measure patient satisfaction in relation to treatment efficacy."

[How we track – read more.](#)

# Additional Info On NAD+

[Read More](#)

NAD+ has two general sets of reactions in the human body: helping turn nutrients into energy as a key player in metabolism and working as a helper molecule for proteins that regulate other cellular functions. **These processes are incredibly important.**

NAD+ and its precursors such as NMN and NAM also **improve memory and learning and mitochondrial function and increase lifespan** in animal models of AD, Parkinson's disease, and hearing loss

It is effective in 93 percent of individuals suffering from depression. This is due to the fact that NAD+ causes an **increase in the levels of dopamine and norepinephrine in the brain.**

Increased Concentration: NAD IV therapy increases the amount of metabolic energy available to the brain cells enabling better function so you maintain focus over long periods of time. Improved Mood: Optimizing NAD levels helps **protect against mental and emotional exhaustion caused by the stresses of everyday living.**

Research has shown that people with **critically low levels of NAD are at a higher risk for developing problems related to addiction, anxiety, and other mental disorders.** When NAD is injected into the body through intravenous (IV) infusion, it immediately reaches the brain and performs the following beneficial functions:

**NAD is a coenzyme that has been shown to be highly effective in elevating mood and reversing feelings of depression and anxiety.** In addition, NAD has also been shown to replenish the neurotransmitters which have been depleted because of the constant state of activation of the nervous system and body.

**Tip:** NAD+ is a form of the coenzyme nicotinamide adenine dinucleotide (NAD). It's used for energy metabolism, repairing DNA and cells, and other metabolic functions.



# High Level Flow Of Treatment Plan Execution



**Tip:** We will send surveys at specific time points. It's super important you fill these out so we can assess outcomes.

[Back to Overview](#)

# Additional Support

You will be given Dr. Closes WA used as a "telehealth" portal.

You are allowed unlimited asynchronous messaging for questions, concerns, and feedback.

Your progress is continuously monitored via our EHR (electronic health record) which is HIPAA compliant. You can request your data to be deleted at any time by contacting [legal@dripdok.com](mailto:legal@dripdok.com).

Your patient information is highly confidential and never shared with any third party besides our nursing staff and practice manager.

Maintenance and referral discounts are provided. We reward referrals & public testimonies very well but only if you are 100% satisfied.

Although not our clinic - this user review is extremely close if not exactly what you can expect.





# Thank You For Choosing DripDok

We only offer treatments for conditions that have medical research backing positive results and no harmful side effects. Dozens of studies have shown the efficacy of NAD and peptide therapies for various degenerative diseases, and we have had great success with our past patients. Patients normally experience an increase in mobility, sensation, balance, strength, & energy along with a reduction in stress and pain levels.

However, it is impossible to guarantee any specific result for an individual, as every person's body is unique and will respond in different ways.

We know you have multiple clinics to choose from and we thank you for your trust in us.

