



CBD (cannabinoid) for Procedures

What are some of the benefits of using CBD?

- CBD may help relieve pain and reduce inflammation
- CBD may help with relaxation and may reduce mild anxiety symptoms

CBD Sublingual Tinctures (oils)

- CBD oil is a mixture of CBD extract and a carrier oil (ex: coconut oil, hemp seed oil, or MCT oil).
- CBD oil is absorbed within 20-30 minutes after taking.
 - The oil should be held under the tongue for 15 to 30 seconds before swallowing for faster and more complete absorption. Oils have higher absorption rates than oral capsules or gummies.
 - Larger dose = quicker effect
 - Smaller dose = slower effect
 - Taking CBD after a fatty meal will help the oil be better absorbed.
- Dosing:
 - If using for a specific procedure, start using daily 5-7 days before date of procedure and use the day of the procedure – you may bring it to Refine to use just before the procedure
 - Typical start dose is 15 - 30mg per day. Can increase every 3 days as needed.
 - Most conditions are treated with 15 - 90mg of CBD per day
 - 15 - 30mg is the most common dose used for oils
 - Generally used once per day, but with higher doses can be split and used twice daily
 - Some references state most beneficial to use 40mg or less per dose. For example, if you are taking 80mg of CBD oil, might be most beneficial to take 40mg twice daily.
- We offer Full Spectrum CBD Sublingual Oil for purchase at Refine MD
 - Full Spectrum: contains < 0.3% THC (under the legal limit)

Contraindications

- Do not use if allergic to the cannabis or hemp plant or any of the product's added ingredients
- Do not use if you are pregnant, planning to become pregnant, or are breastfeeding
- Do not use if you have severe liver disease

Side Effects

- Most individuals do not have side effects from Full Spectrum CBD
 - Over 90% of patients report no side effects from Full Spectrum CBD

Notes

- CBD at Refine MD is limited to a few products (oil, capsule, and sleep gummies) and is supplied only by CBD Distillery through Smith Pharmacy to assure quality and consistency. Contact Smith Pharmacy (920.788.8888) for a consultation and/or more options.
- If you have a current prescription for pain or anxiety medication, you may use the medication according to your provider's instructions – as per medication labeling you may require a driver. Refine MD will not provide prescriptions for controlled medications.