



Serving the DMV with safe, effective Ketamine Infusion Therapy since 2016.
Featuring locations in Rockville, Bethesda, Vienna, and Reston.

New Patient Information

Welcome to the next step of your mental health journey. We thank you for trusting us with your care, and look forward to providing you compassionate, cutting-edge treatment.

This document contains information about our offices, from pricing to what to expect during your session. Our goal is that all of your questions are answered prior to your first infusion, so that when you arrive at one of our four locations for treatment, your mind is at ease and you're ready to take full advantage of the benefits of the medication.

In this packet, and [on our website](#), you'll find information on the following:

- Our office locations and hours of operation
- About ketamine infusion therapy
- Pricing
- What to expect at your first infusion
- Info on phone consultations with our physicians



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Office Info and Hours Of Operation

301-235-9022 | care@depressionfreenow.com | freedomketaminecenters.com

Office Hours

Monday – Friday: 8:00 AM – 8:00 PM

Saturday & Sunday: 8:00 AM – 6:00 PM

Our practice is by Dr. Aubrey Verdun and Dr. Edward Park, with a team of compassionate and experienced physicians and nurses. Learn more about [our team on our website](#).

Locations

Bethesda: 8120 Woodmont Avenue, Suite 210 Bethesda, MD 20814

Rockville: 6000 Executive Boulevard #602 Rockville, MD 20852

Reston: 11250 Roger Bacon Dr, Suite 12 Reston, VA 20190

Vienna: 226 Maple Avenue West #200 Vienna, VA 22180

About Ketamine Infusion Therapy

Ketamine is an anesthetic agent, but when provided in small doses incrementally, [it has been shown](#) to greatly help treatment-resistant depression, chronic anxiety, stress, and other mental health conditions. We offer ketamine infusions as a treatment on its own, or in combination with therapy (with participating therapists).

Ketamine infusion therapy works best when repeated. While variable, results from a single infusion typically last anywhere from a couple of days up to 1-2 weeks. A series of 6 infusions may last anywhere from weeks to months, and often a single booster infusion when effects are wearing off can restore response. For those who have not had long-standing chronic depression, it may last longer than that.



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Pricing

Ketamine infusion therapy is not covered by insurance, and we do not accept insurance from any carriers.

Cost Per Infusion

Treatment Resistant Depression/Anxiety/PTSD/OCD/Bipolar
\$450 per infusion

Chronic Pain Infusion/CRPS HYBRID
\$1200-1500 per infusion

Chronic Pain Infusion/CRPS FULL
\$2200-2500 per infusion

Intranasal Ketamine in Conjunction with IV Ketamine Infusion
\$300 per prescription

(Plus a 4% surcharge for credit card transactions)
Payment plans available.



What to Expect

You'll come in for your appointment having all your questions about the infusions answered by one of the board-certified physicians on our team. If you would like to clear up any final questions prior to your session, please give us a call.

Before Arriving for Treatment

- For the first infusion, please have nothing to eat for **at least 6 hours prior**. You may drink water up until 2 hours prior to the infusion. Hydration can help make placing an IV easy.
- We recommend bringing headphones/earpods to listen to music during the infusion. We recommend lyric-less, calming music, similar to music you would listen to at a spa. There are also ketamine playlists available on youtube and spotify.
- Consider bringing a blanket and sleep masks/eye shades, as some patients find it comforting to use these items during the infusion. Some of these items may be available at our office for your use, depending on location.
- Please arrive at your appointment 15 minutes before the treatment start time.

When You Arrive for Treatment

- Our staff will greet you and ensure that your consent forms and assessments have been completed, and direct you to your treatment room.
- Place your phone on "Do Not Disturb" or airplane mode. We do NOT recommend texting during the infusion and also phone calls during them may interrupt the experience.
- We do recommend a bit of mental preparation prior to the infusion. Similar to stretching before a workout or exercise, mentally preparing yourself for each infusion will make the experience that much more pleasant.



Setting Up Before the Infusion

- Our staff will direct you to get comfortable in a reclining chair, perhaps offering a weighted blanket, headphones, and/or eyeshades.
- Next, a licensed nurse or physician on our team will place an IV. Once the IV has been established, they will start the IV pump.
- We will start with a standardized dose of ketamine, infused over 40 minutes. Your dosage may fluctuate throughout the course of your treatment based on your experience, which will be determined by the physician overseeing the treatment.

During The Infusion

- You will start to experience the effects of ketamine about 10 minutes after the infusion begins.
- While every patient's experience is different, many people describe feeling relaxed, tired, or like they are floating. You may have double vision, see colors more brightly, or experience mild hallucinogenic mind-body sensations. Most people find the infusions to be pleasant, but for those not accustomed to the experience, it's normal to feel a bit anxious during the infusion. Our team will be there to guide your journey, ensuring you that ketamine is an incredibly safe medication with little medical risks.
- Ketamine can produce feelings of nausea in some patients. If that happens, please let our team know, and they will administer anti-nausea medication.
- Your experience may vary from infusion to infusion. If you are ever uncomfortable, the staff is highly-trained and prepared to listen and offer compassionate care.



After the Infusion

- When the infusion is over, a member of our staff will stop the pump and remove the IV. You may hear the IV alarm sound. That signifies that the IV is complete - it does not indicate any problem.
- You will have about 15-20 minutes to recover in the infusion room. You can talk with a loved one about the experience, sit quietly, or listen to music.
- When you have recovered enough to walk steadily, one of our physicians will conduct a final welfare check to clear you to leave.

Recommendations

- Wear comfortable clothes.
- Bring calming or comforting music.
- Keep in mind that ketamine therapy is not a cure-all. The best results from our treatment are achieved when combined with other modalities of care such as talk therapy, mindfulness, medication, meditation, and more.

Preparing for a Phone Consultation

Please have the following information available during your phone consultation with one of our physicians.

- Primary concerns and symptoms.
- The names and contact information of your current practitioners.
- Current prescription medications and dosages.
- Past psychiatric medications with approximate dates and dosages, as well as any side effects/benefits.



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- Dates, locations, and reasons for any inpatient hospitalizations or intensive outpatient programs.

Phone consultations take approximately 15-30 minutes and are free of charge. You will need to complete a few intake and assessment forms before scheduling your first infusion.

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