



## BEFORE YOUR FIRST APPOINTMENT

The following are guidelines for you to follow to receive the most out of your acupuncture sessions. If you have any questions, please do not hesitate to contact me.

- 1) Arrive wearing loose comfortable clothing - skinny jeans, tight shirts, etc. are not ideal.
- 2) Avoid caffeine, alcohol, excessive amounts of sugar and exercise the day of your appointment.
- 3) Drink plenty of water the day before your appointment and try to come relaxed.
- 4) **Eat a meal at least 1-2 hours before your acupuncture session.** Side-effects such as needle sickness can be avoided by coming to your treatment with food in your stomach. Patients who have not eaten within two hours of their session will be offered a snack or an alternate appointment time.
- 5) Please refrain from wearing perfumes, colognes, or strong odors. Some patients have chemical sensitivities.
- 6) Please refrain from brushing your tongue the day before your treatment. The tongue coating serves as a diagnostic tool in Chinese medicine.
- 7) **Please refrain from using your cellphone** during your treatment sessions unless you have an emergency. This is a time for you to relax and tap into your body's healing abilities. Extraneous distractions and loud conversations should be avoided.
- 8) Please have your paperwork completely filled out before your session time begins, otherwise arrive 20 minutes early to fill it out in the office. If you arrive to your appointment at the scheduled time and have not filled out the paperwork, the treatment session will be cut short to accommodate for this.
- 9) If you are taking prescription or over-the-counter medications, please bring a list including the dosages you take.
- 10) Relax! It's natural for many people to feel nervous about this process. My goal is to make the experience as comfortable as possible. If you have any questions or concerns please do not hesitate to ask questions!