

What To Expect On Your First Visit

The Day of the Treatment:

The following suggestions will assist you in receiving the maximum benefits from your treatment:

- The first visit will take approximately one and a half hours. Please leave yourself enough time for the appointment.
- Maintain good personal hygiene to reduce the possibility of bacterial infection
- Wear loose, comfortable clothing. It is best if men bring a pair of gym shorts with them.
- Eat a snack or light meal at least half hour prior to your treatment
- Do not consume any stimulants prior to treatment (ie.. coffee, alcohol, metabolism boosters)
- Do not arrive rushed, excessively fatigued, hungry, too full or emotionally upset for treatment
- Arrange a ride to and from the initial appointment as you may feel too sleepy and/or tired after treatment
- It is best if you are able to enjoy a nice, easy day post-treatment. It is not particularly advisable to receive a treatment prior to a hectic, stressful day at work. It is best if you are able to rest after your treatment and let the body balance itself.

1. Arrive Early:

Please arrive 15 to 20 minutes early to complete all paperwork. The paperwork will include a medical history. If required, please bring a list of all medications currently being taken.

2. Diagnostic Consultation:

The diagnostic consultation will take approximately thirty to forty minutes and will involve reviewing your Medical history and also asking additional questions that will assist the practitioner to make a diagnosis based on Chinese Medicine theory and practice. Chinese Medicine diagnosis will also involve taking the pulse and looking at the tongue.

3. Treatment:

The initial treatment can take anywhere from thirty minutes to one hour depending on the severity of the condition and the condition being treated. The client will be positioned on a table, the needles are inserted into the appropriate acupuncture points and left in place for a period of time. When the treatment is complete the needles will be removed.

4. After Treatment:

It is best if you rest after the treatment and let the body heal and balance itself. A nice, easy and relaxing day is the best thing for you post-treatment. Do something quiet that you enjoy lay down, nap, enjoy a cup of tea (decaffeinated), read, watch a movie etc. and let your body revitalize itself. This rest period assists your body in helping itself restore balance and harmony energetically.

5. Side Effects:

It is important to note that occasionally you may experience a worsening or exacerbation of symptoms after the treatment. This is a normal, although infrequent occurrence. The worsening of symptoms is an indication that the body is working hard and attempting to regulate its Qi (energy) and restore balance within the body.

If the worsening of symptoms persist or you are particularly concerned, it is best to contact your practitioner to assess the situation and the symptoms you are experiencing.

6. Subsequent Visits:

Subsequent visits may take up to one hour but usually are about 45 minutes. Please leave yourself one hour for subsequent visits in the event that your practitioner may need more time in consultation or in the treatment room.