

WELCOME TO CARE – WHAT TO EXPECT

Initial Orientation

All patients should arrive 15 minutes in advance of their first appointment in order to complete paperwork.

Before/During your treatment

It is ideal that you not receive treatment on a totally empty or full stomach. All complementary medicines have a cumulative effect. It may take several treatments for you to notice any change. So we ask you to please be patient with the process.

Acupuncture Treatment

The initial treatment takes 1.5 hours. Follow-up treatments take 1 hour. A treatment consists of first talking with the acupuncturist about your symptoms and health concerns. S/he will take your pulse as part of the diagnosis and either look at your tongue or palpate your abdomen. Hair-thin sterile and disposable needles will be inserted in different locations based on your Asian Medicine diagnosis. Upon insertion, you may feel a slight pinch, tingling or an electrical sensation. Once the needles are in place, most patients feel very relaxed or fall asleep. Your acupuncturist will develop a treatment plan with you. Usually patients receive treatment 1-2 times per week.

After your First Treatment

You should expect to feel great after your first treatment. However, your symptoms could be aggravated by your initial treatments. Symptom aggravation is regarded as a positive sign. Within 24 hours you will generally feel better, from which time you will start to notice an overall improvement. When symptoms persist you should check in with your practitioner and further investigate if an activity after the treatment caused some injury to the site of pain or discomfort. It is recommended that you drink plenty of fluids and rest.

Appropriate Dress

Please wear or bring loose comfortable clothing; you will not need to undress. Shorts or pants with leg openings that fit comfortably over the knee are recommended.

Chinese Herbal Treatment

Each Chinese herbal consultation takes approximately 45 minutes, or it can be done at the same time you come for acupuncture. Following the consultation, the herbalist will order your herbal prescription. This will arrive in the mail in approximately 4-5 days. Each treatment consists of first talking with the herbalist about your symptoms. S/he will take your pulse and look at your tongue as part of the diagnosis process. Herbal prescriptions must be paid for at the time of service. Herbs should be taken as suggested (usually twice a day). Some herbal formulas have distinctive tastes and odors. Do not mix with sugar or other substances unless discussed with the herbalist first. Herbs have few if any side effects. Please notify your herbalist of any changes in your medication or health status, or if you become pregnant. If you experience anything out of the ordinary, please call the clinic.

Massage Therapy

Massage Therapy can be used to treat stress, muscle aches and pains, and many other conditions as an adjunct therapy. A Massage treatment usually takes one hour. Each treatment is complete in itself, but a series of consecutive treatments works cumulatively to make changes. Half-hour, forty-five, and seventy-five minute sessions are also available. Before your treatment, the practitioner will interview you to learn your goals for the session and to gain an understanding of your current condition. It is important to let your practitioner know if you have ulcerations or skin conditions. During your treatment, please let the practitioner know if the pressure is too hard or too soft. The treatment can be catered to your level of comfort.