First Time Acupuncture Patients

1. On your first visit, you will have a consult with the acupuncturist. On follow up treatments, the acupuncturist will check in with your progress, make any necessary notes, and get started.

2. The needles only take a few minutes to place. There is often a slight sensation at insertion. Often times at the acupuncture points you may notice a sensation of heaviness, slight aching, tingling, or even electricity.

3. These feelings will often come and go at different locations throughout your treatment, sometimes at the sites of needle insertion, and sometimes at other locations. This is not only normal, but an important part of the treatment.

4. Your comfort is important to us, so stay in contact with your practitioner about how you're doing; you should not feel pain or stress. ***Please let your practitioner know if you are having any ongoing experience of discomfort or if there is anything else going on that makes you uncomfortable.*** Body temperatures vary, so if you feel cool please let us know. Adjustments are easily made and do not affect the treatment negatively. In fact, the ability to relax is extremely important to a good treatment outcome.

5. Once the needles are in and you're feeling comfortable, we will let you rest. This is a great time to focus on your breath and practice meditation or rest and take a nap.

6. Try not to move once the needles are placed since it might cause discomfort. If you do need to move, it is a good idea to move very slowly.

7. When you've come to the end of your treatment, slowly begin to move again once the needles have been removed. Take a few moments before you get up. People report a variety of experiences after treatment, including deep and peaceful relaxation, a spacey, blissed-out feeling, and sometimes just plain sleepiness. On rare occasions, people have reported slight dizziness, but that should recede within just a few minutes. Move very carefully as you leave. Drink lots of water and enjoy the rest of your day. ***We look forward to seeing you next time!***