



## What to Expect on a First Visit

A first visit usually takes 1-1/2 to 2 hours. We spend the first half hour talking about your health history, and current concerns. I'll ask you a series of questions—some you will expect, and some will seem unusual or at the very least different from what you may have experienced when visiting other health care practitioners. I will examine your pulse and tongue, and any specific areas you are concerned about. We'll talk about your diagnosis from the perspective of Traditional Chinese Medicine and what it means so you'll have a good understanding of the treatment process before it begins. The treatment session itself will last about an hour, and may include a combination of acupuncture, guasha, cupping and herbs, or other modalities as needed.

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## Before Your Visit

If it's your first visit, please complete the health history forms and bring them with you. They can be downloaded from our website ([www.livelongac.com](http://www.livelongac.com)), or give us a call and we can email them to you. For this and any follow-up visits, please remember:

- Make sure to eat something before your appointment.
  - If you're used to brushing your tongue, please don't do it on your appointment day.
  - Please remove nail polish prior to your *first* appointment.
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## After Treatment

**1. Be sure to rest.** Since everyone responds differently to treatments you may want to plan your visit accordingly. Sometimes patients want to go home and take a nap; others may feel energized after their treatment. Both responses are normal, and in either case the body needs 8 to 12 hours of rest to optimize the benefits of healing. As a general rule, you should not engage in extreme exercise or sexual activity after a treatment session. If you consume alcohol, do it in moderation, as you may find it affects you more quickly than usual. Drink plenty of warm water.

**2. Keep warm.** Avoid getting chilled after treatment. Drink warm water or eat something warm. Absolutely do not eat anything frozen. Protect your neck from wind and cold, and wear shoes or slippers, even at home.

**3. Remove any press seeds, press needles or magnets after 3-5 days.** If your skin becomes irritated from the tape, remove it immediately. Press tacks should be removed within 5-7 days. We will remove them on your next visit, but if your skin becomes irritated from the tape or the needle, please remove it immediately. Because they are considered biohazardous, please fold them up and bring them in to be disposed of properly.

**4. Results.** Your first session is usually a light one which allows me to judge how your body reacts to the treatment stimulation. Don't be disappointed if you don't feel much change afterwards. Acupuncture results depend on your age, how long you have had your symptoms, how many symptoms you have and how severe the conditions are. You should look for changes in the frequency, intensity and/or duration of all your symptoms, and keep track of them and any unusual sensations you may have. All information you can share will help me to adjust your treatment effectively.

**5. Adverse reactions.** Occasionally, you may notice a drop of blood or a slight bruise at the acupuncture site. This is normal and can be treated with ice or pressure. The bruise should disappear in a few days depending on your individual rate of healing. Some patients may experience sensitivity at acupuncture sites for several days. This is normal and should diminish, but if it becomes bothersome, rub the area to stimulate the Chi, or apply a hot pack. **Effects from acupuncture should be mild. Please contact me or your physician immediately if you:**

- have any severe symptoms, or symptoms that you are unsure of or worried about
  - are experiencing persistent light-headedness or dizziness
  - have a strange or uncomfortable feeling resulting from treatment
  - have a bruise at an acupuncture site that becomes worse or painful
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