

## New Patient Information – Cosmetic Acupuncture

Your first visit will be 80 minutes. Follow-up treatment time will vary based on the services provided. Acupuncture has been practiced for centuries, but may be very different from any health care experience you have ever had. I ask a variety of questions about your health, history and lifestyle. I encourage you to ask me questions about your treatment and progress. Your treatment is individual, as is your response to it. By asking questions you are learning how your body heals and recovers.

**To prepare for your first visit please review the following:**

**1. Complete Appointment Paperwork**

- Prior to your appointment, please print and complete the relevant paperwork provided by our staff and bring it with you to the appointment.
- This paperwork will form the basis of an in-depth conversation we'll have at your initial consultation and enables me to customize an effective treatment plan for you.

**2. What to Wear**

- Please wear loose-fitting, comfortable clothing that is convenient for accessing areas such as the arms, legs and back of the body during treatments.
- Please refrain from wearing any strong perfume or cologne. Many of our patients are sensitive to fragrances.
- You may wear your makeup to the appointment, but bring your cosmetics with you to do a touch-up afterwards, as I'll be removing your cosmetics from areas that I'll be working on.

**3. What (Not) to Eat or Drink**

- Eat a meal within 4 hours of your appointment to prevent any possible light-headedness or nausea.
- Don't drink caffeinated beverages (coffee, tea, energy drinks, etc.) or take any pain medications for at least 2 hours prior to your visits (if possible).
- Don't eat or drink anything that changes the color of your tongue and don't brush your tongue the morning of your appointments. In Chinese medicine, the tongue gives us valuable information about your health.

**4. Before Treatment**

- For your first visit, please bring your completed paperwork, so we can get your treatment started right away.
- Bring a list of any medications, supplements or herbs that you are currently taking.
- Please use the restroom prior to your appointment. (Restrooms are down the hall in my building)

**5. After Treatment**

- Allow time to RELAX as much as possible. Ideally go home and relax for a few hours. It's important to give your body a chance to fully integrate the treatment.
- Try to drink plenty of water after the treatment.
- Do not have any other cosmetic procedures while you are receiving Cosmetic Acupuncture.