

Know Before You Go



The Basics:

- Tell your acupuncturist about your:
 - Symptoms
 - How your injury happened
 - Test results
 - Job duties
 - Other doctor or therapist visits
 - What gives you relief for your symptoms
- Visits last about 30 minutes to 1 hour

Questions or concerns?

Call 866.389.0211
to speak to a One Call
Representative.

Acupuncture is when your skin is pricked with needles to help with pain and physical, mental and emotional issues.

What to Expect

Your Evaluation:

- Arrive 15-20 minutes early to your first appointment for any paperwork
- Do not show up to your appointment rushed or stressed
- Wear:
 - Comfortable, loose fitting clothing
 - No jewelry
- Bring:
 - A list of all medications you are taking
 - Any medical reports or test results about your injury
 - A photo ID
- Follow your doctor's advice about medications
- Drink plenty of water and don't drink coffee
- Relax during your visits and clear your mind
- Breathe and do not hold your breath
- There will be a physical exam to look for certain points of concern on your body
- Once the right points have been found, your acupuncturist will quickly tap a very thin needle on the points into your skin
 - Patients have reported that it feels like a little tingle or that it feels numb, itchy or a little tender
- Once the needles have been placed on your points, they may roll the needle slightly back and forth, use heat or electrical current

Follow Up Appointments:

- Drink plenty of water and don't drink coffee right after
- Go to all your appointments
- Make up any missed appointments