



## KNOW BEFORE YOU GO ACUPUNCTURE

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

### 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.



This content is not intended to be a substitute for professional medical advice. Always seek the advice of your physician or other qualified health provider with any questions you may have.

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