



### After Your First Appointment (*Please read!*)

#### *What should I do (or not do) after my appointment?*

Ideally, you rest. Avoid strenuous exercise for the remainder of the day. Limit caffeine and alcohol consumption after your appointment. Eat healthy, nourishing foods; avoid greasy, heavy, and processed foods. This is all to make sure that you feel your best after a treatment. Bruising, soreness, twitching, or tingling at needle insertion sites may occur and are not cause for concern.

#### *What can Chinese medicine do for me?*

You can utilize this medicine in one of two ways: as a band-aid/quick fix, or as a way to get to the root of a problem and heal more deeply. Each treatment builds upon previous ones. It is important to follow through with your treatment plan in order to enjoy good results. Chinese Medicine really shines when it is used to deeply heal and change the landscape of your body. This takes time and consistency, but the results are life-changing.

#### *When will it start to work?*

Chinese Medicine is like physical therapy in that it's a retraining of the body whether you are using acupuncture, herbs, or both. Some people and conditions respond to acupuncture very quickly, some take time. In rare instances, you may feel worse for the first 24-36 hours after treatment, before you begin to feel better. I expect *most* patients to see some improvements after 3 sessions. If the problem is chronic, it can take longer. Changes to your condition can also happen faster than anticipated, so enjoy them! As treatments progress, look for signs of improvement. Build an attitude that trusts in your innate ability to heal. Your mind has an incredibly strong influence on your body and is a key factor in healing.

#### *How often should I come?*

It depends on if we're doing a band-aid, or really fixing the problem, but generally we start acupuncture patients out at a 2-3 times per week schedule, and then start weaning you off of that schedule as soon as we are seeing some real changes.

#### *What can I expect from my acupuncturist?*

Practicing medicine with integrity is one of our core values. We only want to be on your healthcare team if we feel like we can help you. It is impossible to predict how or if someone will respond to treatment, but we will generally have an idea within a few sessions if you're going to be a good candidate for continued care. Our ultimate goal is to empower you to maintain the benefits of our work together without us!

When you come in for care, it is your time to relax and receive. Know that you will always be listened to, and if you need anything while you are here all you have to do is ask. Your comfort is paramount. When you leave our office, your commitment to changing the habits and environment that contributed to your condition is essential for lasting results.

#### *What if something comes up after my appointment? What if I have a question? Or feel funny?*

Contact us! The fastest way to reach us is by email: [info@amalunawellness.com](mailto:info@amalunawellness.com) and we will respond within 48 hours. You can also call the office at 303-997-8746. If you have feedback for how we can improve your experience, we want to know.

