



Welcome to Revive Acupuncture

We are pleased to introduce you to our clinic, and look forward to meeting you! It is our goal to provide you with high quality health care in a relaxing and friendly environment. At Revive Acupuncture, you can escape from the stress of daily life and bring the focus back to you.

To ensure a successful course of treatment we will work as a team to address your condition. In addition to a recommended course of acupuncture treatments, herbal medicine, supplements, nutritional advice, and lifestyle changes may also be included. Diligently following the individual acupuncture treatment schedule we set forth for you will ensure the best results. Herbal medicine is one of our most powerful modalities when patients comply with daily-recommended doses. Your job with herbs is simply to remember to take them. Nutrition and lifestyle changes are the hardest to make, but once made, they can have a profound affect on your health. We will provide guidance and direction for appropriate diet and lifestyle changes.

The initial visit will last 60-90 minutes, while follow-up visits will be up to 60 minutes. The first treatment is longer so that we can fully assess your current condition and past medical history. We will use a combination of western and Chinese diagnostic techniques to obtain and record objective findings. These findings will be used to gauge your progress throughout the course of treatments. At the end of your first visit, if appropriate, a Chinese Herbal formula will be prescribed. In addition, supplements, nutrition, and lifestyle suggestions may also be made. On your second visit we will provide you with a treatment plan that includes the estimated course and frequency of acupuncture treatments.

The number of treatments needed to see results will be different for each patient. Typically a chronic condition will require a longer course of treatment, while an acute condition will require a shorter course of treatment. Typically within 3-5 treatments you will begin to see noticeable improvement. To ensure the best results, it is essential to come in frequently enough that the pain is still alleviated by the next visit. Usually this requires treatment twice per week. Through this method progress made is cumulative and continues to build on itself.

The attached forms should be completed and brought to your first appointment. They are designed to give us a personal account of your past medical history and your current condition. These forms are confidential and will be kept in your file.

If you arrive to your appointment more than 15 minutes late please call to assure we can still treat you. Out of respect for other clients we may need to reschedule you later that day or week. If you cannot make your scheduled appointment please call with at least 24 hours advanced notice to reschedule, otherwise a \$40 missed appointment fee may be charged.

We look forward to meeting you, and thank you for choosing our clinic!

Sincerely,

Revive Acupuncture

YOUR FIRST VISIT

Your initial appointment at Revive Acupuncture may be the first acupuncture treatment you have ever had. To make you more comfortable we want to describe a typical acupuncture session.

After the interview and exam, very fine single-use sterile needles will be inserted into about 10-20 acupuncture points. A slight sensation is essential to a successful treatment, and to attain this feeling the acupuncturist will gently stimulate the needle until a mild sensation is felt. This usually feels dull, heavy, or possibly electric. The feeling from the needle should only be a small sensation, and not painful.

The needles will be left in place from 15-30 minutes. Most patients describe this time as very relaxing, and many fall asleep. After the treatment people typically feel very relaxed or slightly energized.

It is best to wear comfortable loose fitting clothes to allow access to acupuncture points. Avoid dresses or tight pants if possible.

Many people interested in acupuncture are scared of needles. What they do not know is that acupuncture needles are completely different from standard hypodermic needles used in hospitals. They are extremely thin, and insertion is virtually painless. Let the acupuncturist know if you have anxiety about needles, and he or she will be especially sensitive and can even use less needles if you would like.