



Dear Patient,

You made your first appointment for an acupuncture treatment—awesome! You might be wondering if you need to do anything to prepare. And you're secretly wondering, does it hurt? Or maybe you've had a few treatments, and you want to make sure you're making the most of your session.

Either way, we've got you covered. Here, you'll learn the easy things you can do to get ready for your next acupuncture treatment to make it more enjoyable for you, and your acupuncturist too.

Ask the Acupuncturist:

Q. Does acupuncture hurt?

A. Great question! This is the top question patients ask us, especially during their first office visit. You can rest easy because very rarely do patients experience any kind of pain during their treatment. And on the rare occasion that it does hurt—we simply stop and reposition the acupuncture needle differently.

Sometimes patients will feel a dull ache around the base of the needle, or even a slight tingling feeling when the needle is inserted. Most people find the treatment relaxing and even drift off to sleep!

Do These 5 Things Before Your Next Acupuncture Appointment

You've been hearing more about acupuncture for treating everything from pain to skin conditions to arthritis to your jeans feeling a little snug.

Maybe a friend has been raving about their acupuncturist and you're finally ready to see what this acupuncturist business is all about.

You've made your appointment and added it to your calendar. Before your visit, there are some things to think about and get in order to get the most out of your acupuncture session.

Here are some important things to keep in mind for your first visit (and your second and third visits too):

1) Bring relevant medical records with you.

If you have had an MRI, lab results from recent bloodwork, or any other medical records this is almost always important information for us to have. We'll still do a complete assessment during your visit. We acupuncturist are very much like detectives assessing a vast array of information to clearly discern organ and physical dysfunctions

2) Wear loose clothing.

This will make your visit easier for all of us. Skip the super tight jeans, compression leggings, and fussy clothing to make treatment easier. We usually need to be able to get to just above your knees and your elbows as we'll often place needles here. Loose-fitting clothing that we can easily adjust will work best.

3) Take it easy on the coffee.

Acupuncture is relaxing, so to really ease into your treatment and let it work on your nerve system, avoid excess stimulants before your visit. This way, you'll be able to really enjoy the experience.

4) Get your mind ready.

Let your body and mind work together for a total reset and prepare to be relaxed. Many people fall into a meditative state, or even take a nap during their acupuncture treatment. This is perfectly okay with us—we want you to enjoy your session.

5) Bring your questions.

There is no greater joy for an acupuncturist than being able to take the time to explain how a particular acupuncture treatment works, what to expect, what's going on in your body as you go through treatment, what to do after your session, and so much more.

We are here for you to feel comfortable and are more than happy to take all the time you need.

After the treatment is important also. Watch how you feel, does your overall energy change, are your moods improved, and most important are the symptoms of your chief complaint affected and if so for how long?

In good health,

A handwritten signature in blue ink, appearing to read "Lloyd G. Wright, LAc".

Lloyd G Wright, LAc, DNBAO