



## Frequently Asked Questions

### ***What happens during an acupuncture treatment?***

Most treatments begin with a conversation between patient and practitioner. The patient's pulses are taken and the practitioner will take a look at the tongue. This information is used in acupuncture diagnosis. The room is warm and inviting. The patient is most often lying on a massage table covered appropriately. During treatment the practitioner will explain a bit about the process and the patient can relax comfortably for 20 – 40 minutes while the needles work their magic. The practitioner will check back often to be sure the patient is comfortable. After treatment patients feel relaxed as if waking from a long nap. On the day of treatment it is advisable to relax and take it easy.

### ***What will acupuncture feel like?***

Once you are comfortable, your acupuncturist will find the acupuncture point by touch on your body, apply a swipe of alcohol and then gently insert the needle. Needles are tapped in gently through a small insertion tube. Often patients describe no feeling at all when the needles are inserted. If any sensation is experienced during insertion, it is often compared to a mini mosquito bite or a slight ache. Any sensation upon insertion should fade within 1 minute and then most patients feel very relaxed. If any discomfort is felt, adjustments are made immediately. On average 6 to 22 needles will be used, often bilaterally (both sides of the body). Many people even fall asleep during treatment.

### ***What are the needles like?***

Acupuncture needles are small, hair-thin and solid surgical steel that are fine enough to bend with a touch of your pinky. In 1996, the FDA reclassified acupuncture needles regulating them as it does other medical devices such as surgical scalpels and hypodermic syringes. Acupuncture needles must now be manufactured according to single-use standards of sterility. Only sterile, disposable needles are used and disposed of in a biohazard waste container so there is no risk of infection.

### ***How often should I be treated?***

Typically, patients are treated once per week. If the condition is acute and painful, 2-3 times per week may be warranted for the first couple of weeks. The benefits of acupuncture tend to improve with regular treatment so eventually fewer and fewer treatments are needed to stay healthy and pain free.



***What should I wear for the treatment?***

For many treatments at my clinic you will disrobe down to your underclothes and be properly covered by a sheet as you lay on the table. This allows for easy access to all areas being treated and for some hands-on massage techniques if needed. For some treatments loose fitting clothes that can be easily rolled up above your elbows and knees is appropriate.

***How quickly can I expect to feel better?***

In general, patients should start to feel the benefits of acupuncture in 2-3 treatments. It is common to feel better even after the first treatment. Acute issues may only need 3-5 treatments to resolve. Chronic problems may take more treatments to achieve the best results.

***Do I have to believe in it for it to work?***

Acupuncture is a medical science and does not require any specific beliefs. Acupuncture has been used successfully on animals and young children. Of course a positive attitude helps with any type of therapy but it is not necessary to believe in acupuncture for its success.

***What are your payment policies?***

Payment is due at the time of service. I accept cash, check, debit or credit. There will be a \$50 charge for “no show” without 24-hour notice. This policy is enforced out of mutual respect for patient and practitioner time and so that those patients needing treatment can be scheduled in your place in the event that you need to cancel your appointment.

***Do you take insurance?***

I am no longer a preferred insurance provider and therefore will not bill your insurance provider for your treatment. I can offer you a receipt that is acceptable for submitting to your insurance company. Depending upon your benefits you may be able to collect some reimbursement for your treatment directly from your insurance provider.