



## New Patient Orientation

### **Welcome to your community!**

The reason community acupuncture works and is affordable is that everyone treats it as a shared resource. When you get acupuncture here you help other people get acupuncture here. The people you will rest with are part of your local and extended community. They have all come here along with you to feel better and become more functional in their daily lives. That means you and your fellow nappers will need to be flexible about things like: snoring, coughing, noise as they settle down or get out of the chair, family that acts as a translator in the treatment room, your favorite chair being taken, etc. Please feel free to bring in ear plugs, your personal music player, or your favorite pillow / blanket to make your time here comfortable. The point is that we (including the acupuncturists and front office) are in this space together and we each work to make our time together healing and respectful. We have kept our doors open and our prices affordable by treating a lot of patients who spoke with their friends, coworkers, family members, neighbors, dry cleaners, chiropractors, counselors, and therapists about this community that they have become a part of. So thank you for helping spread the word about this office and community acupuncture!

### **About the risks of acupuncture**

Acupuncture is a relatively safe and pain-free procedure but it does carry risks. The **most common risks** are bleeding at 1 or more of the acupuncture points and bruising at 1 or more of the acupuncture points. **More unusual risks** are hematomas (a small ball of blood that forms under the skin), feeling like the needle is still in or tingling even after removal, fainting, dizziness, infection, and organ puncture. The risk of infection is



minimized by using single-use, sterile needles and maintaining a clean environment.

## Getting Acupuncture in a Community Setting

- This is community acupuncture so you'll be sharing the space with other nappers. The needles will be on your arms, legs, head, and neck. Infrequently they will be in your abdomen or back. If any of the needles hurt please let the acupunk know so they can adjust them.
- The usual treatment recommendation is to come in 2 times per week for the next 2 weeks. Then we re-evaluate to see what's changed and make another plan. There is a lot of variation that will be discussed during our time together.
- All we ask is that you rest for about 30 minutes. But if you have the time and we have the space you can rest as long as you like. Each chair has a call button. If you need help or want to stop the treatment just press and hold the "On" button a few seconds to call the acupunk.
- If you have to leave at a specific time, there is a board in the hallway where you can put your first name and the time you need to leave by. We'll keep time for you.
- All future visits are quicker:
  - you will come in, check in with the front desk
  - turn your phone off **BEFORE** you enter the treatment room.
  - once you are done with everything up front please go into the treatment room, choose a chair, take your shoes and socks off, roll up your sleeves and pant legs, and get comfortable
  - please speak in whispers or low voices while we catch up on any changes
  - if the room is too cold for you we have blankets at 3 stations throughout the room
- Enjoy your treatment!