



Acupuncture & more, LLC

### **PREPARING FOR YOUR FIRST ACUPUNCTURE APPOINTMENT**

- Wear loose, comfortable clothing for easy access to acupuncture points.
- Eat before your treatment but avoid large meals just before or after the visit.
- Don't brush your tongue or use a tongue scraper before your appointment.
- Continue to take any prescription medicines as directed by your doctor.
- Before your visit, avoid food like black licorice that will discolor your tongue.
- Refrain from over exertion, recreational drugs or alcohol on the day of your visit and for about 6 hours after your appointment.
- Don't be afraid to ask questions!
- Keep good mental or written notes regarding your symptoms before and after your treatment.