



Acupuncture & More, LLC

PREPARING FOR YOUR FIRST ACUPUNCTURE APPOINTMENT

- Wear loose, comfortable clothing for easy access to acupuncture points. Most patients prefer to bring a pair of gym shorts with an elastic waist.
- 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 or red peppermint candies that will discolor your tongue.
- Refrain from recreational drugs or alcohol on the day of your visit.
- Avoid strenuous activity or exercise for 3 to 6 hours following your acupuncture appointment.
- Don't be afraid to ask questions!
- Keep good mental or written notes regarding your symptoms before and after your treatment.