



Acupuncture & Integrative Healing Modalities

Congratulations on taking this important step toward total wellness!

What to Expect During your First Appointment

Your first visit will be much longer than follow-up visits, to enable your provider to gain a clear picture of your total health, and make an informed diagnosis and treatment plan.

First, you will be asked to fill out an extensive intake form, followed by a thorough discussion of the primary condition for which you are seeking relief (chief complaint). Your practitioner may also ask you several questions, some of which may seem unrelated to your condition. As a form of Chinese medicine, acupuncture is a holistic practice. Therefore, your practitioner will consider every possible related consideration. In order to get a clear diagnosis, you and your practitioner may explore all physical systems. Your practitioner will feel your wrist pulse, and take a look at your tongue as part of the diagnostic process.

Then, your practitioner will explain your diagnosis and present a treatment plan. In most cases, this plan will call for 6 to 12 treatment sessions, depending on your diagnosis, the amount of time you have had this condition, your overall constitution, and your lifestyle. Your practitioner will explain all of the modalities they may use, to include acupuncture, electro-acupuncture, cupping, and Gua sha.

Following this explanation, your practitioner will provide your first treatment, by inserting sterile acupuncture needles.

Integrative Healing is a Process

Acupuncture is very rarely a one-time “miracle” cure. The positive impact of each individual treatment will build over consistent sessions, much like physical therapy or working out. You should not expect to be symptom-free after your first visit. However, you might begin to experience a deep sense of relaxation beginning with your initial visit. You might experience a decrease in your pain level or modest relief from other symptoms following your first visit, or you may experience no change at all for some time. The main purpose of your first visit is to get acquainted with your practitioner, and for them to offer an initial treatment and observe how your body responds.

Before your first visit:

1. Be sure you have eaten something within 2 hours of treatment.
2. Dress comfortably and wear loose-fitting clothing. You will usually have to push your sleeves past your elbows, and your pants up over your knees. Don't worry if you show up in your skinny jeans. We can provide appropriate draping with sheets and towels if needed.
3. Try not to have anything stressful planned prior to, or just after, your visit. It's common to feel a little “spacy” after treatment.

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