



What to Expect on Your First Visit

Welcome to Kesselman Acupuncture and Herbal Medicine. Below we describe what you can expect to experience during and after your appointment with your practitioner of Traditional Chinese Medicine and we outline some suggestions to maximize the effectiveness of your treatment.

The Visit

1. Your appointment will last about an hour.
2. In the first 15 minutes, your practitioner will follow up on the information on your intake form and ask questions about your general health and specific problems you may be having. These questions, and your answers, allow your practitioner to arrive at a traditional Chinese medical diagnosis on which your treatment will be based.
3. The diagnosis will include looking at your tongue and checking the pulses on both wrists.
4. Although acupuncture and herbs may be used with other forms of treatment, if you are taking any medications, you should let your practitioner know.
5. After the initial interview, you will be asked to lie down. Approximately 4 to 8 acupuncture points will be cleaned with alcohol and the practitioner will then insert very thin, sterile, disposable needles. Usually the patient will feel little or no sensation or discomfort. Heat lamps are available if you feel cold.
6. The needles will be left in for 20-35 minutes. During this time, the practitioner will check on you once or twice. Most people find the treatment very relaxing and many meditate or sleep. Should you, however, feel any discomfort, be sure to tell your practitioner right away and an adjustment will be made.
7. In Traditional Chinese Medicine, herbs are an essential part of the treatment and the practitioner will ask if you are interested in being prescribed herbs.
8. At the end of your rest, the needles will be removed and the practitioner will describe in detail how the herbs are to be prepared and taken. The practitioner may also give you dietary recommendations and he or she will propose a treatment plan for continued treatment of your health problem.
9. The practitioner will escort you back to the reception desk and will address any last questions or concerns you may have.

After The Visit

1. Plan to take it easy after your treatment.
2. Sometimes after receiving an acupuncture treatment you may feel a little light headed. If that is the case, please sit for a while in the waiting room. In a few minutes you'll feel relaxed and clear headed.
3. It's best if you do not come to your appointment on an empty or full stomach.
4. Herbal prescriptions and herbal patent medicines are intended only for the person for whom they are prescribed. Please do not give herbal formulas to anyone else.
5. Very rarely, symptoms may become worse for a while following an acupuncture treatment. This is often a sign that previously dormant conditions are being awakened so that healing may occur. This should pass quickly. If you have any questions or concerns at any time, please feel free to contact us.