

Dix Hills Family Acupuncture
Jodie Cole, MS L.Ac.

Dear New Patient:

I'd like to take a moment to welcome you as a new patient of Dix Hills Family Acupuncture. Thank you for choosing me. I look forward to partnering with you to address your health concerns, and will do all I can to ensure that you achieve the most successful result possible for you. I have attached a Patient Information form and consent form for you to fill out. If you have any questions, don't hesitate to ask me at your visit.

The trust and confidence you have placed in me is most appreciated. I see many patients respond favorably to acupuncture care. My mission is to help you achieve your treatment goals, and to maintain optimal health over the long-term using safe, natural and holistic acupuncture, herbal therapy (when appropriate), and nutritional guidance and support.

Traditional Chinese Medicine, the ancient health care system of which acupuncture is a part, definitely works.

1. It can help prevent illness and disease
2. It activates the self-healing and self-regulating abilities of the body.
3. It adjusts and balances the flow of vital life energy, called Qi.
4. It can help you achieve optimal health, vitality, and well-being.

The precious gift of health is an investment that takes both time and money. In order to help you to get the most out of this worthwhile investment I would like to share a few suggestions:

1. Be on time and keep your appointments. Each treatment builds upon previous ones. It is important to follow through with your future care plan in order to receive maximum benefit.

2. Do your homework. In many ways what you do at home, at work and at play affects your progress. I offer suggestions and self-care techniques to support you on the road to your treatment goals toward a life of increased wellness and vitality.

3. Give it time. As with any medical treatment, healing with acupuncture is a process, not a magic pill. It takes time and is influenced by many factors. Over time, things should improve and if necessary, we will adjust your treatment plan as we proceed. Changes to your condition can happen faster than anticipated, so enjoy them!

4. Keep a positive attitude and EXPECT positive results. As we follow through on your treatment plan, look for signs of improvement and take encouragement from them. Build an attitude that expects positive results and know that profound healing is possible. Your belief and expectation has an incredibly strong influence on your body, and is a key factor in healing.

It is a great pleasure to welcome you to my office, and I look forward to our next appointment together.

Yours in Health and Wellness,

Jodie Cole, MS, L.Ac.
Dix Hills Family Acupuncture
23 Shoreham Drive West
Dix Hills, New York 11746

PRE -AND POST TREATMENT TIPS

What Should I Do Before or After My First Treatment?

- Do not eat an unusually large meal immediately before any treatment
- Do not over-exercise, engage in sexual activity, or consume alcoholic beverages for 6 hours before any treatment
- Drowsiness occurs after treatment in a small number of patients, and, if affected, you are advised not to drive. Make plans at least for the first treatment to have someone else drive you in case you experience drowsiness or other side effects.

Let Your Acupuncturist Know Prior to Treatment if:

- If you have a pacemaker or any other electrical implants
- If you have any type of bleeding disorder
- If you are taking anti-coagulants or any other medication
- If you have damaged heart valves or any other particular risk of infection
- If you have metal pins, plates or rods

Home Care Instructions After Acupuncture

Side Effects:

You need to be aware that:

- Drowsiness occurs after treatment in a small number of patients, and, if affected, you are advised not to drive.
- Minor bleeding or bruising may occur after acupuncture (seen only in about 3% of treatments).
- Pain during treatment occurs in about 1% of treatments.
- In rare instances, (less than 3% of patients) symptoms may get worse after treatment. You should tell your acupuncturist about this.
- Rarely, fainting can occur in some patients, particularly at the first treatment.

Please Let the Acupuncturist Know If:

- You have ever experienced a fit, faint or funny turn.
- If you have a pacemaker or any other electrical implants
- If you have any type of bleeding disorder
- If you are taking anti-coagulants or any other medication
- If you have damaged heart valves or any other particular risk of infection
- If you have metal pins, plates or rods

To Enhance the Value of the Treatment

- Do not eat an unusually large meal immediately before or after your treatment
- Do not over-exercise, engage in sexual activity, or consume alcoholic beverages for 6 hours before or after treatment.
- Plan your activities so that after the treatments you can get some rest or at least not have to be working at top performance. This is especially important for the first few visits.
- Continue to take any prescriptions medicines as directed by your regular doctor. Substance abuse (drugs and alcohol) especially in the week prior to treatment, will seriously interfere with the effectiveness of the acupuncture treatments.
- Remember to keep good mental or written notes of what your response is to the treatment. This is important for your acupuncturist to know so that the follow-up treatments can be designed to best help you and your problem.

****Only Single-use, sterile needles are used in this office****