

Dear New Patient,

Congratulations, you have made an important and wise decision to choose acupuncture as a modality for your health care and health maintenance. There are so many things that acupuncture can help with, so I encourage you to bring up any and all concerns you have, even if they are not the original reason for seeking acupuncture.

Acupuncture as a modality builds on itself. In other words you may not see immediate results, but over time you will. In the beginning treatments are spaced close together to help facilitate that accumulation of treatment, and as your symptoms begin to abate, then the treatments are spread out, with the goal always being to have maintenance treatments once every season. You cannot have too much acupuncture, but it is possible to space the treatments too far apart. If all your symptoms come back between treatments, then the spacing is too far and we will be in effect starting over every time. It is very important not to do this if you want to heal the cause of the problem.

On the day of your first treatment, come rested, wear comfortable clothing, and if possible do not wear make-up. Absolutely do not wear any fragrances. Eat a light meal before your appointment as sometimes your blood sugar can drop from treatment. Bring the enclosed forms, filled out with you. If you have any questions, please write them down so you don't forget them.

Possible side effects of Acupuncture are: dizziness, fainting, bruising, discomfort at the needle site. Everyone is different so you may experience one, all or none of these. In my 28 years of practice, I have only had one patient faint, and bruising is the most common side effect. There are thousands of tiny capillaries all over your body, so bruising occurs when the needle nicks a capillary. The needles themselves are so small that they are unable to penetrate a larger blood vessel, so this most common side effect is very mild and goes away pretty quickly.

Speaking of needles, most people want to know if they hurt. The needles themselves are the size of about 3 pieces of hair. When inserted in a non-acupuncture point, most patients don't feel the needle at all. When inserted into a point, the sensation varies from dull ache, to electrical type sensations. The sensation is very momentary, and well worth the 1 or 2 seconds of feeling as the results can be astounding.

I am very honored to be able to serve you, and look forward to meeting you on: _____.

Warm regards,

Deanna Stennett, L.Ac., MA,
Nat'l Cert. NCCAOM

Author of: *Poetry of the Body: Stories about Acupuncture Points*