

Murphys Acupuncture and Holistic Medicine
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BEFORE AND AFTER YOUR ACUPUNCTURE TREATMENT

To assist you in deriving the greatest benefit possible from your acupuncture treatments, please observe the following:

1. Wear comfortable clothing with enough room to access from the knees down to the feet and the elbows out to the hands.
2. It is important to have eaten prior to the treatment. However, it is best not to eat an unusually large meal either before or right after your treatment.
3. Do not rush to your appointment! It is better to be a few minutes late than to drive with an elevated pulse or blood pressure.
4. Continue all prescription medications and treatments exactly as directed by your prescribing physicians and other health care providers.
5. Avoid very hot or cold baths or showers the day of the treatment, especially right after your treatment.
6. Keep neck and joints protected from wind and extreme temperatures the day of your treatment, especially post-treatment. (This is a good practice to observe in general.)
7. Note and report any changes in physical, mental, or emotional patterns that occur between your acupuncture treatments. This information is valuable in planning the best course of action for your health and balance.

Please keep this sheet for your future reference.

CANCELLATION POLICY

If you no-show or cancel within 24 hours of your appointment, the first time you will be charged 50% of the appointment fee. After that, no-shows or short notice cancellations will be charged the full price of a treatment. Thank you in advance for your consideration.