

HAVERTOWN COMMUNITY ACUPUNCTURE

Welcome to Havertown Community Acupuncture (HCA)!

Please read through this information thoroughly and email/call us with any questions you have prior to the coming to the clinic. Below are some basics about acupuncture in general and specifics about community acupuncture.

Basics about acupuncture:

Prior to placing the acupuncture needles, the acupuncturist will feel your pulse on both wrists and look at your tongue - these are traditional Chinese Medicine assessments. Each needle that is used is in its own individual sterile package, is used only once, and then discarded in a sealed sharps container. Acupuncture needles are about the size of one or two strands of hair (very thin!). When the needles are placed you will usually feel nothing or feel a slight pinch that will quickly go away. If any of the acupuncture needles are uncomfortable after a few moments, let the acupuncturist know and the acupuncturist will reposition it.

Specifics about community acupuncture:

In the clinic we will need to talk very quietly to maintain a quiet peaceful space. White noise machines will also be on. Feel free to bring ear plugs or a listening device for yourself if desired (please keep the volume low). Please wear loose fitting clothing that you can roll up to above your knees and above your elbows. During your acupuncture session, you will be sitting or reclining in a very comfortable zero balance chair or will lie on a massage table. Once the needles are placed, the session will last for about 30 to 50 minutes depending on when you feel that you are ready to have the needles removed or the session has ended. Acupuncture is very relaxing and many times people fall asleep. If you fall asleep, please don't worry, the acupuncturist will be continually checking on you and will gently wake you up at the end of the session.

There are intake forms that need to be filled out prior to your treatment. They can be downloaded from HCA's website. We will have about 10-20 minutes to talk and go over your intake information prior to your initial treatment. Please fill out your forms prior to your appointment. If you are unable to fill them out prior to your treatment, please arrive 15 minutes early to give yourself enough time to fill them out. If you have any questions regarding the intake forms or anything else about your upcoming treatment, please email/call us with your questions.

We look forward to working with you!

Havertown Community Acupuncture

14 E. Eagle Road

Havertown, PA 19083

www.havertownacupuncture.com

havertownacupuncture@gmail.com

610-789-1120