



VERVE

*Before During
& After*

(incl cancellation policy)



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If you've never had an acupuncture treatment by me, knowing what to expect will hopefully help you feel more comfortable. Knowing how to prepare and care for yourself after your session will help your body make the most of your treatment.

Before

- **Have a little food in your stomach.**
 - It's best not to receive acupuncture on an empty stomach, please ensure you have had at least a snack in the previous 2 hours before your appointment. This is especially true if you are hypoglycaemic or tend to have blood sugar swings. However, do not eat a very heavy meal directly before your session.
 - Also, refrain from having alcohol 3hrs before and after the treatment.
- **Wear comfortable, loose clothes to your appointment.**

We may need to roll up sleeves and trousers/leggings to the knees and elbows and I may need access to your stomach or back for your treatment. I'll provide you with a towel to cover yourself and keep warm but please wear trousers that can come up to your knee easily if possible.
- **Patient consultation form.**

It's essential you complete our patient consultation form before arriving for your appointment, or before your zoom chat, it may seem in depth and at times personal but it enables me to help you in the best way possible. Always complete it honestly and thoroughly.
- **Confidentiality.**

Everything we discuss is in extreme confidence, your records, your treatment, everything and anything else will stay between us.
- **Payment**

If your zoom consultation is before your 1st acupuncture appointment I may send you details to pay beforehand, if your consultation and 1st appointment are on the same day payment in person is fine.
For all future bookings we have a card system or bring cash if you wish.
- **Advice**

At your initial appointment, and during your 30 minute zoom (some appointments do not require this) I will conduct a detailed consultation. Here we will go through your health history and talk through your journey so far.

During

- **Get comfortable**

I will ask you to lie down on the treatment couch and get comfortable, if you are too cold or too warm, please let me know.

- **Turn off your phone**

This will be a relaxing period to take time out for you, let's focus on that and turn off all distractions. Phones should be turned off or on silent, not just to vibrate.

- **The Needles**

- Sterile, superfine needles are placed at points that correspond to your specific needs.
- The needles are about the thickness of three hairs, are used only once and are disposed of immediately, following your treatment.
- You will feel a light tap when the needles are applied. After a moment, you may feel warmth, heaviness, tingling or pressure around the needle. These sensations are normal and should calm down after a few moments.
Most of the time you'll feel nothing once they are in.

- **Common reaction**

Acupuncture promotes relaxation so much so much so people fall asleep during the treatment. The acu-nap is a thing, enjoy.

- **Length of a session**

A typical follow-up appointment lasts just under 1 hour and includes a short consultation as well as your acupuncture treatment. The needles will be left in for around 20-30 minutes in which time you'll be left to relax and switch off. I will play relaxing spa music during your session, if you have any requests or would prefer silence just let me know.

- **Length of treatment course**

Each person and medical condition respond to treatment at a different pace. Acute conditions can usually be treated within 3-12 sessions, and chronic conditions may take longer. Acupuncture works on a cumulative basis and each session builds upon the last one. You would not expect after being prescribed a course of antibiotics to take one and be fixed, it is the same with acupuncture, it will take more than 1 session. Generally for women's health and fertility an average of 3 menstrual cycles are required for treatment.

After

- **Feeling good!**

It is very common to experience a feeling of general well-being afterward, super relaxation and a reduction in anxiety.
- **Take a moment**

Drowsiness occurs after treatment in a very small number of patients, if affected you are advised not to drive immediately and take some time to ensure you feel ok.
- **Occasionally**

Minor bleeding or bruising may occur after acupuncture (seen only in about 3% of treatments).
- **Allow your body some time to rest.**
 - Your body is still going through a physiological rebalancing process. To maximize the treatment effect, avoid vigorous exercise for minimum 3 hours after the treatment, although gentle exercise is fine.
 - Drink plenty of water to assist in your healing.
- **Give feedback**
 - Unlike experiences you may have had with doctors that are in and out of the room in a flash, most acupuncturists prefer to take the time to really listen and adjust treatments to your unique needs.
 - A good acupuncturist (and I like to think I'm a good one) welcomes feedback. If there is anything that you feel made you feel uncomfortable or you think could improve your experience, please let me know.
- **Book again**
 - Appointment slots get booked up, especially evening and early mornings, therefore book next weeks session as you leave to ensure you can be seen.
 - Weekly sessions are advised to begin with, this gives the body the best chance to respond effectively. Depending on your individual case fortnightly may be an option, any less than this and I wouldn't be confident it was giving your body enough chance to respond and get the outcome we're trying to achieve.

Appointments

I've already mentioned acupuncture isn't going to be a one hit wonder, just like a course of antibiotics you don't take just one tablet and expect it to work, this takes a course of treatments.

I have a variety of appointment slots, early morning, daytime and evening to accommodate most schedules. After your first appointment let's discuss a time slot that works for you most weeks, I can then book you in for this time each week or fortnight for the month ahead and we will take booking on a month by month basis., alternatively book via the website.

Block booking for the month ahead is usually the best way to work for you, you know when you're seeing me and can forget about having to book in each week, this also ensures someone else doesn't book your slot online which can disrupt your week or cause you to miss a week. It also helps me to be able to book in emergency appointments, egg collection/transfer appointments etc. that need to be flexible. But don't worry I know not everyone can work like this, if you prefer to book as you go that is no problem at all. If you need to change your usual appointment slot for holidays coming up etc, of course just let me know asap and I will always accommodate this.

Cancellations

Cancellations can sometimes be unavoidable, I understand this. Please try and give as much notice as possible if you need to change or cancel appointments. Cancellations within 48hrs will be charged at 50% of the fee, cancellations within 24hrs & no shows will be charged at 100% of the appointment fee. Just as I respect your time I really appreciate that you respect mine, this is my livelihood and someone may have been able to take that slot. If it's a very last minute cancellation please text me if possible as I do not always check emails throughout the day. Continuous cancellations may result in us unfortunately not being able to work together any further.

Covid cancellations - If you have covid do not attend, please send me a copy of your positive per test result and there won't be any charge. If a family member has covid please do a lateral flow test, if this is negative you are still able to attend.

Thank you for working together on this, it's much appreciated.

Angie