

Before you come in:

Hydration: It is helpful to be well hydrated before receiving acupuncture. Dehydration can result in less Qi (Energy) and blood flow. However, it may be best to avoid drinking an hour before you come in, otherwise a full bladder may interfere with your comfort during a treatment.

Nutrition: We love to know that you are caring for yourself by eating nutritious foods. Please avoid alcohol, sugar, and greasy foods before and after your treatment if possible. Make sure you have had something to eat a couple of hours before your treatment - don't start your treatment if you are very hungry. Please avoid eating heavy meals right before treatment. We also ask that you do not brush your tongue surface the morning of your appointment.

Clothing: Your treatment will consist of needles being placed in various points on your body as determined by your practitioner. Clothing should be loose fitting to allow for relaxation, free flow of circulation, and so it does not encroach upon the needles. You will be provided appropriate robes during your treatment.

Distractions: Part of the effectiveness of acupuncture is the deep meditation-like state that is induced by the needles. In order to make the most of this wonderful state, please arrive prepared to turn off your phone, relax, and put your worries on hold for a while.

Frequency of treatment: Acupuncture treatments are sometimes compared to doses of medication. If you are prescribed a medication for a certain condition, you don't expect to be cured with one dose. Just as you may need to take your medication for 10 days or a few weeks for normal health and function to be restored, it is likely we will prescribe a course of treatments before we can expect you to feel as good as you -and we- would like! Your practitioner will discuss this with you on a case by case basis, however, for any given acute condition, a course of treatment entails up to twelve sessions at a frequency of two to three times per week. Additional courses of treatment may be deemed necessary to further improve your condition.

Payment and Scheduling: All appointments are billed when they are booked and must be paid to guarantee the appointment. Invoices are sent electronically and can be paid online. We request that you book your follow-up appointment and handle all administrative matters before the start of your treatment so that you don't have to stop by the front desk on your way out. That way, it is easier to carry the effects of the treatment out the door and into the rest of your day. Please arrive a few minutes early before your scheduled appointment time to handle administrative matters. Each treatment room is allotted a specific amount of time and needs to be cleared in time for the next scheduled appointment. If you arrive late, we will reschedule your appointment if we are not able to accommodate. We appreciate your participation in this matter.

During your treatment:

Time: Usually during acupuncture, you will find yourself slipping into a deep, relaxed state. Depending on the type of treatment you have booked, your treatment time may vary from 45-90 minutes. If you have a time constraint and are concerned about length of your treatment, just let us know and we'll make sure we end your treatment on time. We have a variety of treatment options that can accommodate your wellness needs. Please ask our staff to coordinate the type of care that best suits your needs.

Noise: Due to the nature of our treatments the clinic area is considered to be a quiet zone. We ask that you turn off your phone and help us maintain the serene and quiet space that we provide for your wellness and relaxation. This is particularly important when you are in the community treatment room or common areas. This is also the time for you to disengage from the hectic day to day stress of life and take the time to reset your mind and body. We appreciate your cooperation.

Community Room Etiquette: In addition to private treatment rooms, we offer wellness treatments that are conducted in a community setting. The community setting offers a peaceful environment where you can relax and address your wellness needs. Although this setting is different than the private treatment rooms, you will continue to experience the privacy and relaxation benefits that you would have in a private room. Generally, community treatments are on a first come first serve basis, do not require disrobing, and provide treatments based on a menu of protocols that are designed to address general wellness needs. Your treatments will last approximately 45 minutes and you will be in a reclined position in a Zero Gravity chair. As you enter the sanctuary of our community room, you will notice reclining chairs and massage tables. Unless there is a specific reason to have you in one or the other (your practitioner will let you know), you are free to choose either one each time you come in.

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Whisper zone: While receiving treatments in our community room, in order to cut down on disturbance to other patients, and to protect your own privacy, please keep your conversation in whisper tones. While others may be vaguely aware of subtle sounds, they won't be able to overhear details about your health condition, and they will also be able to enjoy their treatments in a relaxed environment.

Cell phones: Treatment rooms as well as community room is NOT a place for cell phones. Please turn them off or leave them at the desk. If you forget and your cell phone rings, please let us help you silence it or take it out of the room. PLEASE do not answer your phone in the community room or avoid from engaging in cell calls while being treated.

Let us know: Please let us know if you have a condition that we should know about before treating, particularly if it will affect your experience. Although your practitioner will strive to get as much detailed information regarding your health prior to your treatment, providing information pertinent to your health (for example being on blood thinners or bruising easily, or having a pacemaker, or being extremely sensitive to needling, etc.) will greatly improve your experience.

After your treatment:

When your treatment has completed, your practitioner may prescribe supplements or herbal remedies as well as any nutritional and dietary and lifestyle modification instructions that best suits your wellness plan. Please follow any given instructions before your next visit. Make a note of any changes in-between your treatment sessions to discuss with your practitioner.

It is important that you refrain from any rigorous activity right after your treatment. Your body needs to rest to allow for the treatment to be effective. Often, you may find yourself very relaxed and somewhat sleepy after your session. This may last a day after the treatment. When musculoskeletal treatments are rendered, at times your body will feel sore or you may experience increased pain levels after the treatment. Your discomfort will subside in the subsequent days. It is important to keep your body warm, hydrate adequately, eat lightly, and take rests.

Your practitioner will take utmost care with needle placement to avoid bruising, however, due to the nature of the treatment, on small occasions, bruising may appear where the needles were placed. Bruising will resolve on its own (you may rub or massage the area to speed up the process). If concerned, please communicate with your practitioner for more instructions. If you have a history of bruising or are on medications that cause thinning of the blood, please inform us so we may take extra measures.

And FINALLY!

Thank you from all of us here at AcuBar Acupuncture & Wellness Center. Please feel free to ask us any questions you may have about your condition through the eyes of Traditional Chinese Medicine, or about your course of treatment. If we don't have time to answer all your questions that day, we can schedule a phone appointment to be more thorough. We also offer wellness treatments as well as wellness education. Please inquire about any of our programs or products that will help you maintain a healthy and balanced life. We appreciate you and all that you bring to make our clinic a true community. Of course, if there is anything about our clinic that we could improve, please let us know so we can continue to better our services and our facility. In good health - be well.

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