

How should I prepare for treatment?

Spend some time thinking about what you would like to achieve from your treatment. What are your expectations? What questions or concerns do you have?

- Make sure to eat something light an hour or two before arriving. Avoid heavy or large meals prior to and immediately after treatment.
- Try to minimize the intake of caffeine or pain medications. However, please continue prescription medication as directed by your physician.
- Bring a list of medications you are taking.
- Preferably, do not wear perfume or make-up.
- For Acupuncture or Massage wear loose fitting clothes if you prefer not to remove garments; we typically ask you to disrobe to undergarments, with robes or coverings provided to insure your privacy and comfort.
- For chiropractic treatment wear loose fitting clothing and comfortable shoes and socks. Preferably do not wear skirts. You can bring a change of clothes with you such as t-shirt and shorts.
- Bring any relevant imaging or lab work with you.
- Plan your activities so that after treatment, you can rest and get the full benefit of your treatment.