
What to Expect: Your First Acupuncture Appointment

NEEDLES FOR HEALTH ACUPUNCTURE



Kayla Booker R.Ac
Registered Acupuncturist



A Step-by-Step Guide for New Patients

Welcome! If this is your first time trying acupuncture, this guide will walk you through what to expect — so you can feel relaxed, informed, and prepared for your visit.

Before Your Appointment

- Intake forms will be sent to you through the Jane App after booking — please complete these prior to your appointment
- Wear loose, comfortable clothing (access to arms/legs is helpful)
- Eat a light meal beforehand — avoid arriving on an empty stomach
- Arrive a few minutes early to settle in before your scheduled start time
- Bring a list of current medications or health concerns, if applicable

In this newsletter
you can expect:

Before Your
Appointment

Health History &
Assessment

Treatment
Planning

Treatment

After Your
Treatment

Have Questions?



Step 1: Health History & Assessment (15–20 min)

We'll start with a conversation about:

- Your main concern (pain, injury, stress, etc.)
- Relevant health history & lifestyle factors
- Tongue and pulse diagnosis — traditional TCM assessment tools that help identify patterns in your body

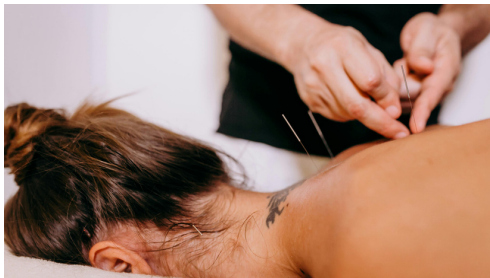
This holistic intake helps create a treatment plan tailored specifically to you.



Step 2: Treatment Planning

Based on your assessment, we'll discuss:

- Recommended modalities (acupuncture, cupping, Gua Sha, electroacupuncture, etc.)
- What sensations to expect during treatment
- How many sessions may be beneficial for your goals



Step 3: Treatment (30–45 min)

- You'll relax comfortably while fine needles are gently inserted at specific points
- Most patients feel minimal discomfort — often described as a mild tingling or dull sensation
- You may feel deeply relaxed or even fall asleep — this is normal!



After Your Treatment

- Mild soreness or fatigue is normal and typically resolves within a day
- Stay hydrated and avoid strenuous activity for the rest of the day
- We'll discuss follow-up recommendations based on your goals



Have Questions?

Visit my **FAQ page on my website** for answers to common questions, or reach out directly — I'm happy to help you feel comfortable and confident before your visit.

Ready to book?

Visit maplegatesofwellness.janeapp.com to book online, or contact me if you still have questions before booking.

Contact

Website:
needlesforhealthacupuncture.com

Instagram:
[@needlesforhealthacupuncture](https://www.instagram.com/needlesforhealthacupuncture)

Email:
needlesforhealthacupuncture@gmail.com

Phone:

Direct: (519) 429-0355

Clinic: (905) 592-3004 ext 4

Thank you for reading!
