



## PATIENT GUIDELINES

Welcome to The Garden Room and Quay Place. The aim of these guidelines is to make booking and treatment as straightforward as possible for you.

Essentially Acupuncture is a course of treatments and because my practice is busy, I suggest you book further sessions at the time of your initial consultation so that you can get the appointments most convenient to you. My usual recommendation is to aim for four consecutive treatments in the first instance (weekly if possible), with a review at the end of the fourth session.

Treatments will involve manual palpation and the use of sterile, single-use acupuncture needles. At times it may be necessary for you to remove certain items of clothing. You will be given privacy in order to undress and you will remain covered at all times, with only the area to be worked on being discreetly exposed for a short time.

To maximise the benefits of treatment, it is advisable that afterwards you avoid strenuous exercise and alcohol. It is also best to avoid driving any long distance immediately after treatment.

All treatment and information discussed is strictly confidential.

As an Acupuncture Practitioner, I adhere to a nationally recognised code of ethics as set out by The British Acupuncture Council. I undertake ongoing CPD and also receive regular Clinical Supervision of my work.

A recent change to the law has resulted in there being a mandatory deferral period of four months before undertaking Blood Donation.

## CHANGING AN APPOINTMENT

I understand that sometimes it is unavoidable that appointments need rearranging. I respectfully request a minimum of 48 hours notice of cancellation, without which the full fee will be charged. This serves to enable you to prioritise your time towards looking after yourself and to reinforce your commitment to treatment.

## FEE INFORMATION

Acupuncture Treatment – initial consultation & treatment £60 (up to 1 hr 45); follow-up £45 (45 mins)  
If two or more treatments are required in any one week, then the second and subsequent treatments that week will last 30 - 45 minutes, fee £35.

Sudden Onset/Pain Relief – initial treatment £60 (45 mins); follow-up £45 (45 minutes)

Children's and Teens (<18) – initial consultation & treatment £40 (1 hr 15); follow-up £35 (45 minutes)

Free trial needling session (30 minutes) available prior to commencement of all acupuncture treatments

Payment may be made by debit/credit card (Visa, Maestro, American Express); Pay-a-Contact (to 07918 145399); PayPal or cash.

## CONTACT

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