

**Pinon Community Acupuncture**  
505-633-4192  
1642 St. Michaels Drive  
Santa Fe, NM 87505  
PINONCOMMUNITY@ICLOUD.COM

## **What To Expect**

### **Preparing for Treatment**

It is advised not to receive acupuncture on an empty stomach, immediately after consuming a large meal, if very fatigued, or emotionally upset.

Please don't wear any heavy scents or perfumes as some people have chemical sensitivities.

Some people like to bring ipods or earplugs with them. We have earplugs available if you need them, just ask.

Wear loose, comfortable clothing that can be rolled to elbows and knees. Before your first appointment, please come 15 minutes early to complete paperwork if you haven't already downloaded and completed it beforehand.

**We have a \$20-\$40 sliding scale fee each visit with a one-time \$10 intake fee due at the first appointment.**

Remember to bring your checkbook or cash (exact change please). We can accept credit cards, but payment by cash and check is preferred.

Please remember that any talking is done in muted, low voices to keep the environment peaceful for everyone.

Please don't bring young children to acupuncture with you. We don't have a place for them to play or staff to watch them, and you won't be able to fully relax.