



## What to expect during your group acupuncture session

**Walk-ins are welcome, however we recommend that patients call ahead to reserve a spot (734) 975-2745 or email: [tlcstaff@tlcaa.com](mailto:tlcstaff@tlcaa.com).**

Upon your arrival please:

- ◆ Fill out paperwork at The Lotus Center's front desk and pay for your visit.
- ◆ Wait in the waiting area until the acupuncturist comes out to greet you.
- ◆ Once seated, briefly explain to your practitioner the reason for your visit. This is not a private session and we will not be discussing health history at all. Briefly tell the acupuncturist what you wish to address (ie knee pain, smoking cessation, stress reduction/relaxation, etc.)
- ◆ Please remember to remain quiet while in the treatment room and avoid conversing with other patients (the person next to you may not want to chat).
- ◆ The acupuncturist will insert needles in places such as the head, hands and feet. Your needles will remain in for about 30 minutes and will be removed by your practitioner.
- ◆ If you have several health concerns, particularly internal medicine issues, you may be advised to schedule a private session with one of the acupuncturists.
- ◆ After your treatment, you are welcome to enjoy tea in the waiting area or you are free to leave.
- ◆ We hope you visit us again so we can continue to help you feel better!