Aftercare Information

- Acupuncture treatment continues for 3-5 days after treatment
- You may experience some bruising or soreness for a few days
- You may feel lite-headed when you first get off the table
- Improvement usually occurs 2-3 days after treatment
- Most Patients experience better sleep and improved digestion after treatment
- If you have any concerns after your treatment , please call us!

Westside Family Acupuncture / True Health Center 505-897-6560

Front Desk Contact is:

☐ _____

Your Doctor / Provider is:

☐ Dr. Kathy DOM
☐ Dr. Michael DOM, CMTPT
☐ Dr. Paul DOM
☐ Debi Rodriquez LMT

Recommended

☐ Conservative : Rest - Lite Activity
☐ Use NSAIDS (ex. Ibuprofen)
☐ Use heat, hot baths, showers
☐ Start lite Walking / Stretching
☐ Medicinal Herbs / Supplements / B12
☐ Consultation True Health Program
☐ Consultation True Weight Loss Program

Message from Us to You

Thank you for entrusting us with your healthcare. We truly love people, and find it a joy to help individuals find hope and healing in their physical, mental, and spiritual life. This means our first priority is your health, and reaching the goals we set together.

Google Reviews - Earn $10 credit !

Many of our patients have had great results, and love our clinic. So they want to sincerely recommend us to others. If you would like to leave a review, here are the instructions.

1. Must have a gmail account, or create a gmail account. Sign into your account!
2. Go to google maps, search for our business, click on business, Click "Write a Review" (Thank you) **Christine Gutierrez Office Manager and Staff of WSFA**

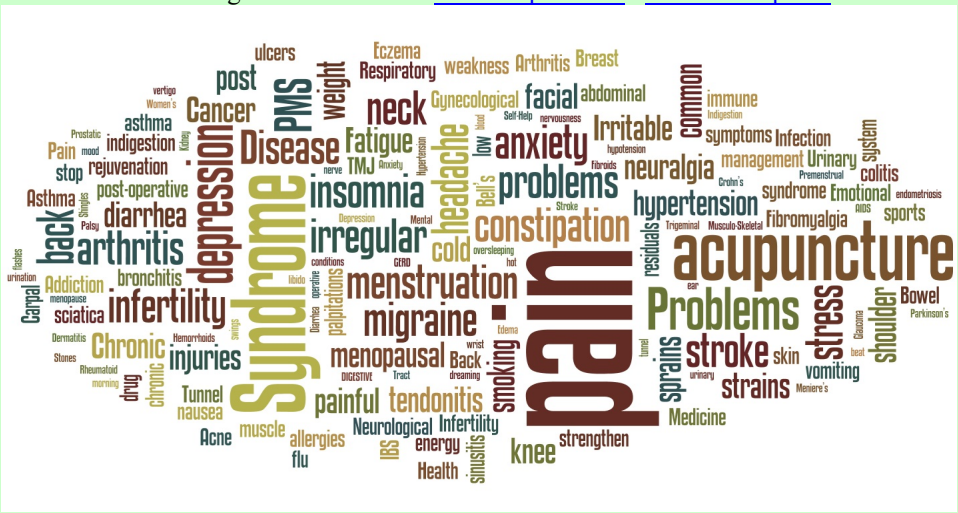
Your Treatment Plan Includes

☐ Schedule _____ Acupuncture Treatments
☐ Schedule _____ Medical Massage
☐ Schedule _____ Myofascial - Dr. Michael
☐ Schedule _____ Ultrasound Treatments
☐ Schedule _____ Electro-Acupunc. - Dr. Kathy
☐ Schedule Injection Therapy - Dr. Paul
☐ Schedule Full Health Assessment
☐ Schedule Consult True Health Program - Dr. Paul

Health Tests / Eval

☐ CRF - V02 Max
☐ Sleep Apnea Test
☐ RMR
☐ 3 D Body Scan
☐ Spirometry
☐ Metabolic Diet Coach
☐ Schedule Counseling
☐ Cardiac Calcium Score
☐ Insulin Resistance Test

Knowledge and Resources : www.abqacu.com / www.thcabq.com



Recommended Treatment Schedule

_____ treatments over _____ weeks

( ) Acupuncture _____ (Wk) (Bi-Wk) (Bi-Month) (Mainten.)
( ) Ultrasound _____ treatments ( ) Injections
( ) Massage (Med.) _____ treatments ( ) Counseling
( ) Myofascial _____ treatments ( ) True Program

Cancellation Policy

- Call 24 hours before appointment to move or cancel appointment
- 1st Cancellation without 24 hr. notice, we pay for it. No Charge!
- Further Cancellations without 24 hr. notice. Charge is $50
- Saturday Massage Cancellations - without 24 hr. notice. Charge is $65

Thank you for your consideration of our time and resources. We are a busy office, so when you cancel with plenty of notice, other patients can take your appointment, thank you.

True Health consist of (1) One's Underlying Constitutional Health Status (2) One's Immediate Health Conditions (3) One's Pursuit of Improving both!

SCHEDULE A FULL HEALTH ASSESSMENT - INVEST IN YOURSELF - WE CAN HELP YOU REGAIN YOUR HEALTH!