

What To Expect On Your Visit With Tony Burris, L.Ac.

A visit to Eagle Acupuncture will be similar to many other health practitioners you may visit. You will discuss your health issues with Tony Burris, L.Ac. in your private treatment room. Treatment rooms contain a treatment table, heat lamp and treatment supplies. At the conclusion of your discussion, Tony Burris, L.Ac. will inform you how many visits to expect to achieve your health goals. Treatments are usually performed with you lying on a treatment table. The most common



positions are face-up, face-down or on your side. The position you assume depends on what conditions you are seeking treatment for. This also applies to the level of undress. Some patients need only to remove their shoes and socks; others may need to be strategically draped with a towel in order to access certain areas, such as the hip. If you're wondering what to wear, "loose, comfortable clothing" is the general idea.

As you lay on the table, Tony Burris, L.Ac. may take your pulse and ask you to stick out your tongue. These are standard diagnostic methods in traditional Chinese medicine. Pulse is measured for rate, strength, depth and quality. Tongue is viewed for color, coating, size and geography. These methods can give us insight into what is going on in your body and help decide which acupuncture points to use during treatment.



Approximately 10-12 acupuncture needles will be inserted during your treatment. Most patients feel very little. These needles are the diameter of a cat's whisker or sewing thread. In fact, they are very bendable. You may feel a small amount of pressure at the needling site or in the area being treated. That is considered very normal and a good response from the body. It is almost never an uncomfortable sensation for the patient.

If another ancillary method such as a TENS unit, moxibustion, cupping, or gua sha is going to be applied to your treatment you will absolutely be informed before it is performed and it's procedure will be explained to you. You can refuse or deny any type of treatment you want at any time.

A mild heat lamp will be focused on you, usually your feet or abdomen, to keep you warm. Tony Burris, L.Ac. will then leave the room and let you relax for approximately 20 minutes. It may be

less or longer depending on you or your condition. If you would like me to check on you in between, simply let me know. The lights will be dimmed and there will be relaxing, spa-type music in the background. Many patients fall asleep.

After 20 minutes, Tony Burriss, L.Ac. will return, remove your acupuncture needles and that day's treatment is concluded.

For some conditions, an herbal remedy can be very helpful. These are simply a recipe of plant products that you take as a capsule or tincture. There are no pharmaceutical ingredients involved. These are taken short-term until your health goal is achieved. Tony Burriss, L.Ac. may suggest these to you at the time of your treatment and you can decide if they are right for you or not.



Please be on time. I do my very best to stay on schedule so that each patient gets their allotted amount of time. If you are late, your visit may have to be shortened to accommodate the next patient.

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