

FUNCTIONAL WELLNESS CENTRE

Appointment Instructions & Suggestions

1. Please provide at least 24 hours' notice if you need to change or move your appointment (619-507-4741).
2. For acupuncture appointments, please be on your normal eating schedule. Acupuncture may lower blood sugar and it is important that you have eaten in the recent past.
3. If cupping is part of your treatment, please be aware that light pink to deep purple markings from the cups may persist for several days or a week subsequent to receiving a treatment.
4. Please arrive with all FWC forms that you have download or have been emailed to you completely filled out and signed.
5. Please feel free to bring any recent blood work or any medicinal tests with you to your appointments.
6. Please arrive 10 minutes early or minimally be on time.
7. Please set your cell phone to airplane mode upon arrival at the office. Mine will also be off during your appointment.
8. Loose fitting clothing is most appropriate for acupuncture and cupping treatments. However, if your day's activities dictate that you dress otherwise appropriate draping will be done.
9. Please do your best to take it easy for the rest of the day after your appointment. Eat well and drink plenty of pure water.